

Baby Oral Health Checklist:

Age: 0-12 Months



Food and Drink

- If giving your baby a bottle, always hold her and do not prop the bottle in her mouth.
- Never put your baby to sleep with a bottle.
- Starting around 6 months, give your baby a variety of baby foods from all of the food groups. These include fruits, vegetables, lean proteins, cheese, yogurt, and grains.
- Start teaching your baby to drink from an open cup starting at 6 months.
- Do not give juice or sugary drinks to your baby.

Oral Hygiene

- Wipe your baby's gums with a soft cloth or baby toothbrush after every feeding. This includes feeding breast milk, formula, and baby foods.
- Start using a rice-sized smear of baby toothpaste to clean your baby's mouth once she gets her first tooth.
- Take your baby to the dentist by her first birthday or by the time she gets her first tooth.