Take care of your baby's teeth

Baby teeth are important! Healthy gums and teeth help your child speak, eat, and smile. Baby teeth hold space for permanent adult teeth to grow in the right way too. Start to take care of your baby's gums and teeth when they are about **6 months old**.


Before your baby's teeth come in, gently wipe their gums with a damp soft cloth (not soaking wet) over your finger.

Do this after each time they breastfeed, drink from a bottle, or eat.

When your baby gets their first tooth, start to use a small soft toothbrush to clean their gums and mouth.

Use a **rice-sized smear of toothpaste**. Place the toothbrush at an angle and gently brush in circular motions.

Do this on all sides of any teeth and along the gum line.
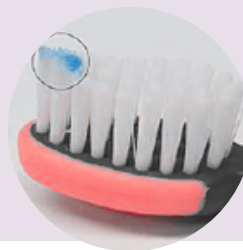
Take your baby to the dentist when they turn 1 year old.

Don't put your baby to sleep with a bottle. This makes it more likely that they'll have tooth decay or ear infections.

Utah Department of Health & Human Services

UTAH WOMEN, INFANTS & CHILDREN