KNOW THE FACTS

Baby Teeth Are Important!

Baby teeth help your child:

- Chew food.
- Speak normally.
- Hold space for adult teeth.
Help protect your child’s teeth by:

- Never share pacifiers or utensils because bacteria can be passed from mouth to mouth.
- Never put a baby to bed with a bottle.
- Only feed baby milk, water, and healthy food.
- Wipe baby’s gums with a clean, damp washcloth.
- Once the first tooth appears, brush teeth gently with a child-size toothbrush two times a day. Use a tiny smear of fluoride toothpaste.

Schedule your baby’s first dental visit after the first tooth appears and before his/her first birthday.

Learn more about the importance of baby teeth at:

MouthHealthy.org

health.mo.gov/living/families/oralhealth/

Office of Dental Health
(573) 751-5874
oralhealth@health.mo.gov

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