



BABY TEETH ARE IMPORTANT

What You Need to Know

Baby teeth help your child:

- Chew food.
- Speak properly.
- Make space for adult teeth.



OralHealth.Mo.Gov
CDC.gov/oralhealth
MouthHealthy.org

PROTECT YOUR CHILD'S TEETH

- 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 babies milk, water and healthy food.
- Wipe your baby's gums with a clean, damp washcloth.
- Once their first tooth appears, brush teeth gently with a child-size toothbrush two times a day. Use a very small amount of fluoride toothpaste.



Schedule your baby's first dental visit after their first tooth appears and before their first birthday.

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