A lifetime of smiles begins at birth.

Chewing
Looks
Healthy adult teeth.
Overall health.

Taking Care of Your Baby’s Teeth

For Parents of Children Ages Birth to 3 Years Old

A lifetime of smiles begins at birth.

DHHS Non-Discrimination Notice

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS’ ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), TTY users call Maine relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request.

To order additional copies of this publication, or if you have questions about the content, please call: the Oral Health Program at 207-287-3121, TTY users call Maine relay 711.
Keep your baby’s gums healthy.

You’re in charge - your baby health depends on you. Wipe your baby’s gums at least once a day with a damp washcloth to remove the plaque, more often if possible.

First teeth: for most babies these are the first teeth. They arrive around 6-9 months old. Most babies have all their teeth by the time they are 2 years old.

Teething: can be quite painful for your child. Some way to ease the pain: rub the baby’s gums gently with your clean finger; give the baby a cold teething ring or cool, clean washcloth to chew on; keep your baby’s teeth healthy. When they start to appear, brush them with a soft, child-sized toothbrush. Wipe the gums with a clean damp washcloth.

Fluoride: plays an important part in your baby’s dental health. Your baby should have fluoride to help prevent cavities and make teeth stronger. Ask your dentist or doctor about fluoride drops.

Prevent baby bottle tooth decay.

Doctors don’t think it’s a good idea to put a baby to bed with a bottle or a sippy cup.

If you decide to do this, be sure that the bottle or sippy cup only has water in it. Liquids with sugar, like milk, and apple juice, can cause tooth decay when the baby falls asleep with a bottle in their mouth.

Check for early signs of decay.

If you see brown stains or soft spots on the outer surface of the teeth, contact your dentist.

Remember to:
◊ Wipe baby’s gums once a day.
◊ Brush the teeth as soon as they come in.
◊ Ask your doctor or dentist about fluoride drops, especially if you have well water or unfluoridated town water.
◊ If you have to give your baby a bottle or a sippy cup at nap or bed time, fill it only with water.
◊ Check the mouth for early signs of decay.
◊ Limit sweets and sweet drinks.