



**This brochure
was developed as
part of:**

MAINE SMILES MATTER

**An Early Childhood
Caries Prevention and
Intervention**



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How to Keep My Baby's Mouth Healthy

Why do I need to help my baby have a healthy mouth?

Healthy baby teeth are used for:

- Chewing Food
- Speaking Clearly
- Saving Space for Permanent Teeth
- Good Health
- Feeling Good about Him/Herself



Healthy Baby Teeth Are Used for Many Important Things

Things I can do to help my baby have a healthy mouth:

- Make sure I brush and floss my teeth to keep my mouth healthy and not pass germs that cause cavities to my baby.
- Before my baby has teeth, wipe my baby's gums with a soft, damp cloth 2 times a day.
- Breastfeed or give my baby a bottle or sippy cup only at feeding times.
- Don't put my baby to bed with a bottle or sippy cup or allow my baby to nurse at will.
- Give my baby a pacifier with nothing on it, especially anything sweet.
- Never put my baby's pacifier in my mouth before giving it to my baby.
- Ask my child's health care provider to check my baby's teeth before age one.
- Use a soft toothbrush, without toothpaste, to clean my baby's teeth.
- Ask my baby's doctor about fluoride.