

Caring for your baby's teeth

Before teeth appear, wipe your baby's gums with a clean, wet cloth at least once a day.

Once the first tooth appears, brush your baby's teeth 2 times a day. Use a tiny amount of fluoride toothpaste (about the size of a grain of rice).

Teach your baby to use a drinking cup when they are old enough to sit for meals and snacks (between 6 to 12 months old).

Aim to wean your baby from a bottle when they are 12 months old.

Take your baby for regular visits with a dental professional by one year of age.

Dental Program Public Health

Abbotsford 604-864-3400

Agassiz 604-793-7160

Burnaby 604-918-7605

Chilliwack 604-702-4900

Hope 604-860-7630

Delta
Newton 604-507-5400

White Rock

Langley
Aldergrove 604-539-2900
Cloverdale
Fleetwood

Maple Ridge
Pitt Meadows 604-476-7000

Mission 604-814-5500

North Surrey
Guildford 604-587-7900

Tri-Cities
New Westminster 604-949-7200



Baby Teeth Are Important



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www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca



Fraser Health Dental Program

Public Health dental hygienists can assess your child's risk for getting tooth decay.

Fluoride varnish may be offered to children less than 3 years old who are not receiving regular dental care. This service is free.

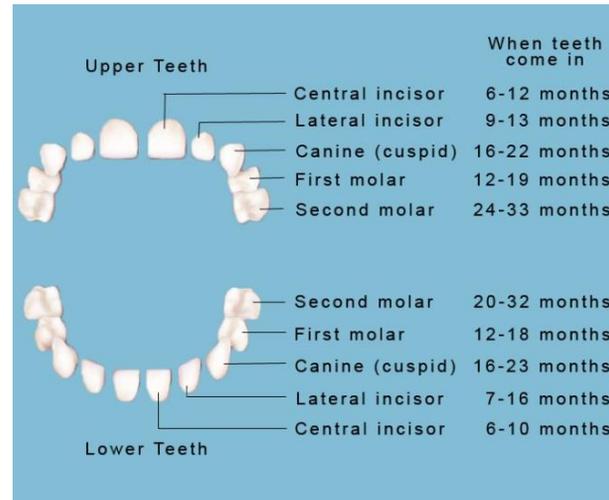
Applying fluoride varnish on the teeth is a quick, easy, and safe way to help prevent tooth decay.



Courtesy of BC Dental Association

When will your child get teeth?

This chart is a guide. Baby teeth usually appear around these times and in this order, but each child is different.



For more information, visit:

- Fraser Health **Best Beginnings** web site www.fraserhealth.ca. Search 'teething' or 'toothcare'.



- 'Tooth Brushing for Children Three and Under' (from Vancouver Coastal Health) on YouTube.



Helpful tips to prevent tooth decay

You choose **what** and **when** your child eats and drinks. Give 3 meals and 2 to 3 planned snacks a day.

Sit your child at the table for meals and snacks. It is important to start good eating and drinking habits early.

Don't allow children to sip or nibble between meals and planned snacks, or during sleep time. Even diluted milk, formula, and juice have sugars that can lead to tooth decay.

Don't share toothbrushes, cups, or eating utensils. Don't put your child's pacifier in your mouth. This is how cavity-causing germs can be passed from person to person.

Keep your own teeth and gums healthy. Healthy adult mouths transfer fewer germs to their children.