

## Mouth care for your infant

### Clean your baby's mouth daily.

- Once teeth appear, use a soft baby toothbrush with a grain of rice-sized amount of fluoride toothpaste.
- Position your baby so the head is stable and you can see into the mouth.
- Lift your baby's lip when brushing.
- Brush twice a day, after breakfast and before bedtime.
- For more information see *Baby's Best Chance*.



## Contact your Allied Health Dental staff

Cranbrook	Tel	(250) 420-2200
	T/F	1-888-426-7566
Kamloops	Tel	(250) 851-7300
	T/F	1-866-847-4372
Kelowna	Tel	(250) 469-7070
	Tel	(250) 505-7200
Nelson	Tel	(250) 505-7200
	T/F	1-877-221-3388
Penticton	Tel	(250) 770-3434
	Tel	(250) 833-4100
Salmon Arm	Tel	(250) 833-4100
	Tel	(250) 364-6219
Trail	Tel	(250) 364-6219
	T/F	1-888-364-0517
Vernon	Tel	(250) 549-5700
	T/F	1-888-824-3393
West Kelowna	Tel	(250) 980-5150
	Tel	(250) 302-5000
Williams Lake	Tel	(250) 302-5000
	T/F	1-888-702-7771



Interior Health

## Baby's First Teeth

### 6 Month Visit



## Choosing a toothpaste

- Find a toothpaste that has fluoride. Some “baby toothpastes” do not contain fluoride.
- Fluoride helps strengthen teeth and protect against tooth decay.
- Try different flavours until you find one your baby likes.
- Anti-tartar or whitening toothpastes are not recommended for children under 12 years of age.
- Use a grain of rice-sized amount of fluoride toothpaste.
- If you have questions about toothpastes, ask the IH Dental staff.



## Getting your baby to cooperate

**The key is to start early and be consistent. Begin brushing as soon as the first tooth appears!**

- Pick times that work well for both of you and make tooth brushing a part of your child’s daily routine.
- Make tooth brushing more enjoyable by singing a song or telling a story.
- Play a game like “Where are the plaque bugs hiding?” and then look for them with the toothbrush.
- Brush to music.
- Use a facecloth or gauze if the toothbrush isn’t accepted.



## Early childhood tooth decay

**Early childhood caries is tooth decay for children under the age of 5. It is a serious disease that can permanently damage your child’s teeth, but it CAN be prevented.**

- Lift your baby’s lip to check for white or brown spots along the gum-line (the first signs of decay).
- Never let baby sleep with a bottle containing anything but plain water. Diluted juice can still cause tooth decay.
- Start to offer a regular cup around 6 months of age.
- Decay-causing bacteria can be passed onto your baby. Do not share a toothbrush or eating utensils. Do not clean a soother in your mouth.