## Mouth care for your infant

Clean your baby's mouth daily.

- Position your baby so the head is stable and you can see into the mouth.

- Gently clean your baby's gums and mouth with a thin, wet washcloth everyday.

- This establishes consistency and routine for you to become used to providing regular mouth care.

- Allows you to become familiar with the development of your child's mouth as teeth come in.

- For more information see Baby's Best Chance.
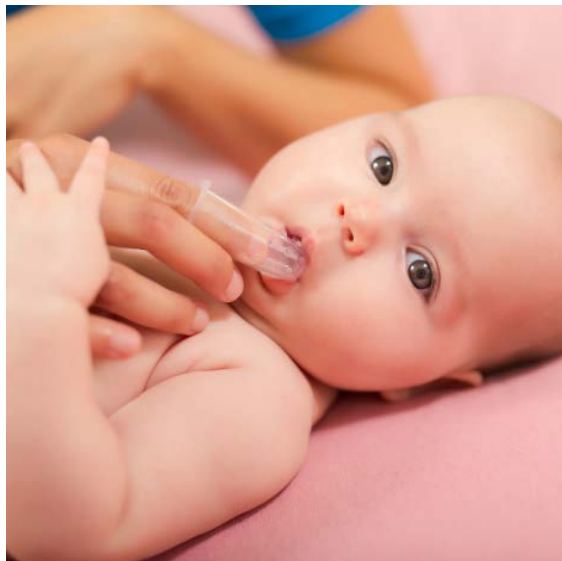
Contact your Allied Health Dental staff

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
Nelson	Tel	(250) 505-7200
	T/F	1-877-221-3388
Penticton	Tel	(250) 770-3434
Salmon Arm	Tel	(250) 833-4100
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
Williams Lake	Tel	(250) 302-5000
	T/F	1-888-702-7771

Interior Health

Keeping a Mouth Healthy From the Start

2 Month Visit

Did you know that babies get tooth decay causing germs from their caregivers?

Babies are not born with the germs that cause decay. A caregiver with high levels of these bacteria in their mouth can pass them onto their child. A child with high levels of harmful decay-causing germs has an increased risk of getting cavities.

Decay early in life can put your child at risk for cavities throughout their life.

Good dental health can help prevent passing bacteria to your baby

MAKE SURE YOUR MOUTH IS HEALTHY:

- Brush your teeth twice a day with a fluoride toothpaste.

- Brush your tongue to remove food debris.

- Floss daily.

- Visit a dentist for regular checkups as untreated cavities allow harmful bacteria to stay active in your mouth.

To prevent passing decay causing germs to your child:

- Keep baby's soother clean but do not clean it with your own mouth.

- Use a second spoon to test baby's food.

- Do not share your toothbrush or toothpaste.

- Have a soft baby toothbrush ready to use for when the first tooth appears.

Every caregiver is an oral health care provider!