Mouth Care Starts from Birth

Clean baby's mouth at least once a day

Establishing a Routine

- Providing daily mouth care supports an easy transition to brushing when the first tooth appears
- Mouth care is best done when your baby is laying down
- Position your baby so their head is stable, and you can see into their mouth
- Use a clean, wet, soft washcloth to gently wipe baby's gums and mouth at least once a day
- Check the gums, tongue and back of mouth daily
- Checking inside your baby's mouth helps you both get used to mouth care and makes it easier to notice any changes

Baby Teeth

- The first tooth commonly appears around six months of age but can also appear at an earlier or later age

Interior Health

Transfer of Cavity-Causing Bacteria

At birth, your baby does not have the bacteria that causes tooth cavities.

You can pass cavity-causing bacteria from your mouth to your baby's mouth.

Prevention

- Avoid putting anything in your mouth before giving it to your baby
- Keep your teeth healthy by brushing and flossing daily
- Maintain your own dental visits and have cavities repaired

For more information:

Early Childhood Dental Development 0-6 years

https://www.interiorhealth.ca/services/early-childhood-dental-development-0-6-years

Dollars for Dental

https://www.interiorhealth.ca/sites/default/files/PDFS/dollars-for-dental-treatment.pdf

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