

BABY

ORAL HEALTH

CHECKLIST



Food and Drink

- If giving your baby a bottle, always hold her and do not prop the bottle in her mouth.
- Never put your baby to sleep with a bottle.
- At 6 months, start introducing your baby to a variety of foods from all the food groups.
- Start teaching your baby to drink from an open cup starting at 6 months.
- Do not give juice or sugary drinks to your baby.

Oral Hygiene

- Wipe your baby's gums with a soft cloth or baby toothbrush after every feeding. This includes feeding breast milk, formula, and baby foods.
- Start using a rice-sized smear of baby toothpaste to clean your baby's mouth once she gets her first tooth.
- Take your baby to the dentist by her first birthday or by the time she gets her first tooth.



WIC445

Adapted from Utah WIC 02/2003

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