



## HOW TO CARE FOR YOUR BABY'S TEETH

Clean your baby's gums and teeth twice a day. Use a smear of fluoride toothpaste the size of a grain of rice, and a soft facecloth or infant toothbrush. Be gentle – try distracting your baby with songs, talking or praise.

It's best not put your baby to bed with a bottle of anything but water. Milk, juice and formula can cause serious tooth decay when left in a sleeping baby's mouth.

Your child should start seeing a dentist regularly within six months of getting their first tooth, or by age one.

**BCDA**

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