

# Milestones for mini mouths



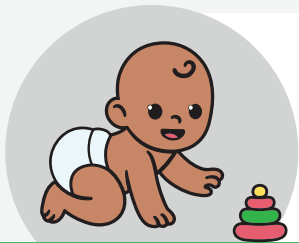
**NEWBORN**

Bacteria from your mouth can pass to your baby's mouth so part of taking care of your newborn's mouth is

**caring for your own oral health**



*Brush your teeth twice a day, clean between your teeth, and get a dental check-up every 6 months*



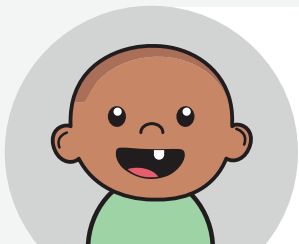
**0 TO 5 MONTHS OLD**

You're beginning to see that

**adorable smile**



*Start protecting it by wiping baby's gums with a soft, clean cloth after each feeding.*

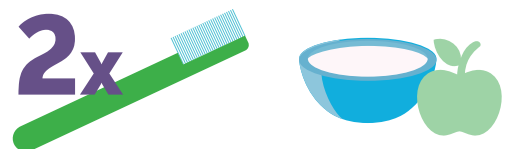


**6 TO 12 MONTHS OLD**

Baby is cutting his first tooth

**Start brushing that tooth twice a day**

using a smear of toothpaste



*When baby is ready for solid food choose things with no added sugar*



**1 YEAR OLD**

Make sure your baby has a

**dental check-up by his/her 1<sup>st</sup> birthday**



*If you don't have anywhere to take your baby, ask your pediatrician to check his/her teeth and for a dental referral.*