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**

**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 1st birthday**

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

Adapted from the American Academy of Pediatric Protect Tiny Teeth Toolkit, 2019