0-2 Years

When you’re little, healthy teeth mean a lot.

Baby teeth are important for eating, talking and smiling. Good habits start early.

For tips please turn over

www.dentalhealth.ie
0-2 Years

Visit your dental team once a year for advice and a check up to prevent tooth decay & gum disease.

**Tooth Tips**
- Use a clean damp cloth to clean baby's gums after a feed.
- When first tooth appears brush twice a day with a soft toothbrush and water.
- Don't use toothpaste unless advised by your Dentist.

**Diet**
- Don't put sweet drinks, juice, tea or fruit drinks in baby's bottle.
- Breastfeed or give breastmilk, formula or cooled boiled tap water in baby's bottle.
- Unflavoured milk and water are the most tooth friendly drinks.
- Read food labels carefully for sugar content. Less than 5g per 100g is low sugar. Don't add sugar to food or drinks.
- Choose healthy snacks between meals.

**Teething**
- Symptoms of teething may include drooling, disturbed sleep, feeding irritability and tender gums.
- Offer your baby something cool to chew on or rub a cool, damp cloth over the area.
- If your child has diarrhoea or a fever see your doctor.

**General Tips**
- Encourage drinking from a free flow sippy cup from 6 months.
- Using a bottle after 12 months of age increases the risk of tooth decay.
- Don't dip a soother in honey, jam or anything sweet.
- Don't let baby sleep with bottle in its mouth.