

Prevent Tooth Decay in your Baby

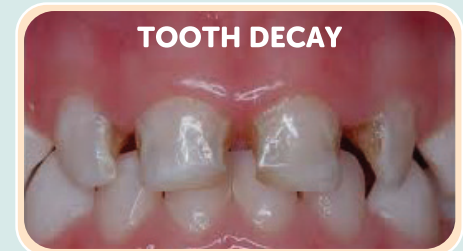
DECAY IS PREVENTABLE



- Even milk can cause decay if a baby is let sleep with a bottle in its mouth. Finish feeding before putting the baby to bed.
- From birth wipe gums with a clean, soft cloth after feeding and before bed / nap.
- Start brushing / cleaning your child's teeth when the first tooth appears. Do not use a fluoride toothpaste for children under two years unless advised by a dentist.
- Milk and water are the best drinks. Avoid sweet drinks (juice, sugary tea, fizzy or fruit drinks, flavoured milk) in a baby's bottle.



- Encourage drinking from a sippy cup from six months. Wean off the bottle to an open cup by their first birthday.



- Avoid dipping a dummy / soother in anything sweet (honey, jam).
- Once weaned, babies should be given a balanced diet. Avoid sugary food. Check food labels, e.g., cereals can be high in sugar.
- Visit your dentist by your baby's first birthday.



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