DENTAL CARE FOR BABIES

There are things that you can do now to help your baby have healthy teeth later. Read below to find out how.

Clean your baby’s mouth at least once a day. Wet a piece of gauze or a soft clean washcloth with water, wrap it around your finger, and gently rub the baby’s gums.

It does not matter if you are breastfeeding or formula feeding; you need to clean your baby’s gums. Breast milk or formula left on the gums can cause plaque to form. Plaque is the sticky material that forms in the mouth made up of bacteria and sugar. It causes cavities.

If the baby’s gums are covered with plaque, then the plaque is the first substance the new tooth touches as it comes through the gum. That’s not good for the baby’s new teeth.

It is best to try cleaning your baby’s gums when he or she is not fussy. Soon your baby will get used to the cleaning and will probably enjoy it after a while!

Do not to put your baby to bed with a bottle that contains anything but water! Liquid will leak from the nipple after the child goes to sleep and sugar in the milk will cause tooth decay.
When your baby’s teeth begin to show through the gums, take extra care to keep them clean. You may want to use a soft infant toothbrush at least once a day. Wet the toothbrush with water and gently brush the teeth. Do not use toothpaste at this age!

And remember that a sugary liquid in your baby’s bottle is not a good idea! Sweet tea, colas, and other sweet drinks are not good for your baby. The sugar causes tooth decay and only gives your baby extra calories. Give only formula, water, or breast milk in a bottle!

In order to receive your nutrition education (SNE) credit, you must complete a short evaluation. Please click on the Evaluation button below.