



First Nations Health Authority  
Health through wellness

Children's Oral Health Initiative (COHI)

# 3 Ways to Protect Your Baby's Smile

**Starting mouth care early gets your baby used to having his/her mouth cleaned.**



## 1. Clean Baby's Gums Daily

Use a clean damp washcloth, finger brush, or infant sized toothbrush.



## 2. Brush Teeth Twice Daily

Brush with a rice grain amount of fluoride toothpaste as soon as the first tooth appears.



## 3. Don't Put Baby to Bed with a Bottle

Putting baby to bed with a bottle with anything other than plain water may cause tooth decay. If you breastfeed, avoid letting baby nurse all night.

**TIP** If you think your baby needs more sucking time, try a pacifier or a bottle with only water in it.

