



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Healthy Teeth & Infant Feeding



If you are breastfeeding

- Feed baby as often as necessary.
- When baby has fallen asleep or stopped feeding, remove the nipple from baby's mouth. If the nipple remains in baby's mouth after feeding is finished, unswallowed milk pools on the teeth and may cause decay.
- If your baby seems to need more sucking time, a soother may be used.

If you are bottle feeding

- Hold your baby while feeding.
- Rock or soothe your baby to sleep.
- If a bottle is given in bed, it should contain sterilized WATER only!



DID YOU KNOW?

New baby teeth are not fully hardened and can easily decay