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.