

Dental Care Tips

CARING FOR BABY TEETH SHOULD START EVEN BEFORE TEETH COME IN

Breastfeed if possible.

Wipe baby's gums and mouth after feeding with a clean, wet cloth.

Try to comfort baby without a bottle or a soother.

Feeding time is holding time
Bottle propping can lead to tooth decay.

Never dip a soother in sugar or sugary liquids.

Parents should take care of their own teeth - this helps lower the risk of tooth decay for baby.

About Us

Healthy Smile Happy Child was **founded in 2000** in response to the high rates of early childhood tooth decay and excessive demand and wait times for children's dental surgery under general anesthesia.

Our goal is **to prevent early childhood tooth decay and promote good oral health.**

We are guided by three fundamental principles: **(1) relationship building and community development, (2) oral health promotion, and (3) research and development.**

WANT MORE INFORMATION AND RESOURCES?

CONTACT US

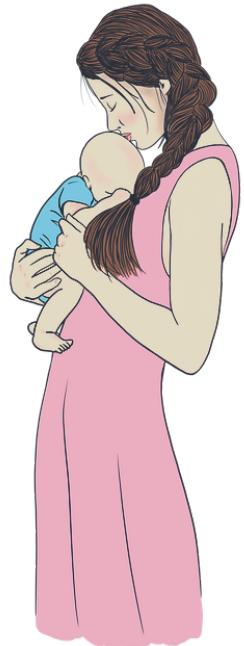
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umanitoba.ca/dentistry/healthy-smile-happy-child



Healthy Smile Happy Child



DENTAL HEALTH & NEWBORN BABIES

Healthy smiles start at home



2022

Breastfeeding

Breastfeeding will help baby develop a **strong jaw** and **healthy teeth**.

Breastfeeding can **lower the risk of tooth decay** for baby.

Breastfeeding is recommended until baby is **2 years old**.

When breastfeeding at night, always **remove** baby from the breast **before they fall asleep**. This will encourage baby to swallow the last mouthful of breastmilk.

Leaving milk in the mouth could lead to tooth decay if left in their mouth overnight.



Always remember to wipe **baby's mouth** with a wet, clean cloth after feeding

Bottlefeeding

Try to limit bottles to **feeding times only**.

Hold baby for all feedings - bottle propping can lead to tooth decay.

Do not put baby to bed with a bottle, as this can lead to tooth decay.

Do not fill baby's bottle with juice, pop or other **sugary drinks**.

Start **weaning** baby off the bottle at around **12 months**.

HOW TO COMFORT WITHOUT A BOTTLE

When baby is **not hungry**, try to comfort by:

- Holding
- Rocking
- Singing
- Rubbing back
- Giving a soother



Soothers

Things to know if YOU CHOOSE TO USE A SOOTHER

Wait until **breastfeeding** is going **well** (at least 6 weeks) before starting to use soothers.

Choose a soother that is **one-piece**.

Never dip a soother in **sugar** or any sugary liquids.

Avoid cleaning the soother with your mouth - this can transfer cavity-causing germs to a child.

Try to **stop** soother use by the **age of 3**.

