Taking Care of Your Baby's Teeth

A guide for oral health for young children

Smile Alabama!

Bringing healthy smiles to all of Alabama's children.

Smile Alabama!

Healthy Smiles, Healthy Children

When to start?

Beginning with your very first feeding you need to wipe your baby's gums and mouth with a clean and soft damp cloth or gauze. Several times a day and after each feeding, wipe the roof of the mouth, cheeks and gums.

First Teeth

For most babies, the first teeth come in when the babies are 6 to 9 months old. Once the first teeth appear, use a soft toothbrush to clean the teeth after every meal.
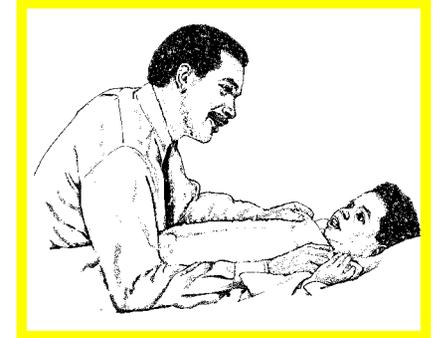

Teething

Sometimes getting new teeth hurts. You can help your baby by gently rubbing the gums with your finger.
Give the baby a cold teething ring, or a cool, clean washcloth to chew.

Things You Can Do!

Keep decay away!

Hold your baby when giving a bottle.

It's not a good idea to put your baby to bed with a bottle of milk, formula or juice. If your baby likes a bottle at bedtime, use water — not sweet drinks or milk.

Don't give baby a bottle or sippy cup to carry around sweet drinks or juice. Thirsty babies need water.

Don't dip pacifiers in anything sweet like sugar or honey. Get rid of baby's pacifier by age 3.

Learn how to clean and floss your baby's teeth.

Time to change

Help your baby start learning to use a cup at about 6 months of age.

Gently help your baby begin to use a toothbrush when he or she is about a year old.

Celebrate baby's first birthday with a dental check up.