ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

Breastfeeding & Healthy Baby Teeth

How breastfeeding supports healthy baby teeth—and simple steps to protect your baby's smile.

Why it matters:

- Breast milk is the best nutrition for babies and supports healthy growth.
- Breast milk alone does not cause cavities before other foods are introduced.
- Once teeth appear, daily mouth care is important to prevent cavities.

What to do:

- Give only breast milk for about the first 6 months; begin healthy solid foods around 6 months and continue breastfeeding for 2 years or longer, if desired.
- Clean your baby's gums with a clean, soft cloth after morning and evening feedings.
- When teeth come in, brush twice a day with a small, soft toothbrush and a tiny smear of fluoride toothpaste.

What to avoid:

- Putting your baby to bed with milk, formula, or sweet drinks.
- Giving sweet foods or drinks too often after starting solid foods.
- Waiting too long to clean your baby's teeth once they come in.

Ask a dental professional if...

- Your baby's teeth have white or brown spots.
- You have questions about brushing, fluoride toothpaste, or feeding habits.



Healthy Habits Start Early!

Breastfeeding supports your baby's growth. Brushing twice a day once teeth appear helps protect their smile.

More Tips & Tricks on Feeding & Drinking :

- Bottles & Bedtime
- Weaning from Bottle to Cup
- Sippy Cups — Friend or Foe?

This content was developed in collaboration with the Kansas Breastfeeding Coalition

Kansas Breastfeeding Coalition, Inc.