

# TIPS AND TRICKS

## DAILY DENTAL CARE FOR INFANTS AND TODDLERS



Begin daily dental care after bringing the baby home from the hospital. Even babies who are being fed from a tube need to have clean mouths and gums



Daily dental care for infants and toddlers includes cleaning infants' mouths and gums and brushing babies' teeth when the first one comes in



Establish a routine, cleaning your infant's mouth the same time and location every day to create a habit for your child and yourself. Brush your toddler's teeth just before sleep



Always hold infants and toddlers when cleaning their mouths and teeth, soothing them by singing a song, patting them gently, and having them hold a soft toy or blanket



Anticipate that infants and toddlers will squirm and squeak as a way of communicating surprise about new experiences. Some will cry loudly, usually not from pain. Respond by speaking comforting words or singing favorite songs



Begin each new activity slowly, step by small step. Use very gentle movements, touching just the baby's lips with a cloth or brush in the beginning, using a quiet voice to describe your actions or count to three



Build up daily dental care to cleaning all around the gums and teeth



Clean the infant's mouth and gums with a soft, clean cloth to remove milk and soft foods right from the start. This comforts babies and gets them used to the activity



Clean the first tooth with a soft cloth or tiny toothbrush with a tiny bit of fluoride toothpaste, gently removing food stuck around teeth and gums and the sticky substance on the teeth that causes decay

