

Dental Care Tips!

CARING FOR BABY TEETH SHOULD START EVEN BEFORE TEETH COME IN!

- **Breastfeed** if possible
- **Wipe your baby's gums** and mouth after feeding with a clean, wet cloth
- Try to **comfort** your 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 your 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

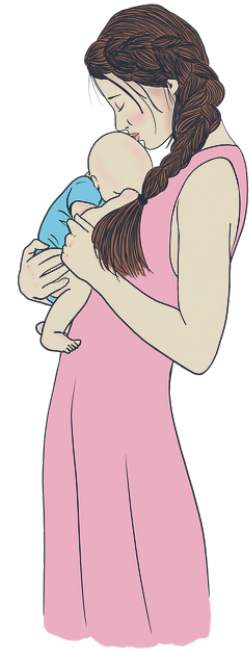
(204)789-3500
hshcinfo@chrim.ca



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



Healthy Smile Happy Child



DENTAL HEALTH & NEWBORN BABIES

Healthy smiles start at home!

2020

Breastfeeding

- Breastfeeding will help your baby develop a **strong jaw** and **healthy teeth**
- Breastfeeding can **lower the risk of tooth decay** for your baby
- Breastfeeding is recommended until your baby is **2 years old**
- When breastfeeding at night, always **remove** your baby from the breast **before they fall asleep**. This will encourage your baby to swallow their last mouthful of breastmilk
- Leaving milk in the mouth could lead to tooth decay if left in their mouth overnight.



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

Bottlefeeding

- Try to limit bottles to **feeding times only**
- **Hold your baby** for all feedings - bottle propping can lead to tooth decay!
- Do not put your baby to bed with a bottle, as this can lead to tooth decay
- Do not fill your baby's bottle with juice, pop or other **sugary drinks**
- Start **weaning** your baby off the bottle at around **12 months**

HOW TO COMFORT WITHOUT A BOTTLE

When your baby is **not hungry**, try comforting him or her by:

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



Soothers

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 your child
- Try to **stop** soother use by the **age of 3**

