

# Helpful Strategies to Protect Tiny Teeth



Set your kids up for a lifetime of good oral health with these strategies for infants and children.



You can't see your infant's teeth, but they're there, hiding just beneath the gums. Take care of them right from the start with these 4 strategies.



1

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.



2

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.



3

Visit the dentist by your baby's first birthday to spot signs of problems early.



4

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2, consult your dentist or doctor before you use of fluoride toothpaste.



Cavities are still one of the most common chronic diseases for kids from age 6 to 19. Protect your child's teeth by having them:



1

Brush their teeth twice a day with fluoride toothpaste.



2

Drink tap water that contains fluoride.



3

Get dental sealants for your child when your dentist says it's the right time.



If your child is younger than 6, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow. Help your child brush until they have good brushing skills.

For more about how to protect your children's oral health, visit [www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html](http://www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html).



When you're pregnant, you may be more prone to gum disease and cavities, which can affect your baby's health. Follow these 3 steps to protect your teeth:



1

See a dentist (it's safe!) before you deliver.



2

Brush twice a day with fluoride toothpaste.



3

Floss daily.

If you have nausea, rinse your mouth with 1 teaspoon of baking soda in a glass of water after you get sick. This helps wash stomach acid away and keep your tooth enamel safe.



For more tips on good oral health for adults, visit [www.cdc.gov/chronicdisease/resources/infographic/oralhealth.htm](http://www.cdc.gov/chronicdisease/resources/infographic/oralhealth.htm).