

## Dental Care - Birth to 2 years old



1. Use a warm soft cloth or infant toothbrush with a **SMEAR** of fluoride toothpaste, the size of a grain of rice
2. Establish a dental home for your child - visit the dentist by the child's 1<sup>st</sup> birthday
3. Do not put the child to sleep with a bottle filled with formula, milk, or juice. Must be water only!
4. Avoid "as-desired" night-time breastfeeding
5. By the 1<sup>st</sup> year, you should start weaning off of bottles - start using sippy or spill-proof cups
6. The caregiver's oral bacteria can be transmitted to the child. This can **cause early childhood caries!** Do not share utensils, do not lick or clean pacifiers or utensils with your mouth.
7. Thumb sucking and pacifier usage is **NORMAL** for this age
8. Curiosity and teething can cause children to suck and bite on all types of objects. You will notice an increase in drooling and slight agitation.

