Soon after birth, begin wiping baby’s gums daily with a clean, wet washcloth.
Never put baby to bed with a bottle.
Once teeth come in, brush twice a day with a rice-sized amount of fluoride toothpaste.
Avoid sharing utensils and cleaning the pacifier in your mouth. Germs that cause cavities can spread.
Avoid foods and drinks containing sugar. No juice during the first year.
Wean baby from bottle by 12-14 months.
At well-baby visits, ask about oral health and fluoride.
First visit to dentist by age 1.

Lift baby’s lip to look for early cavities that look like white lines near the gum line.

Every Month

health.maryland.gov/oral-health
Healthy Teeth
No cavities.
If there are any signs of cavities, take your child to the dentist immediately.

Early Cavities
Chalky white lines at the gum line that can be healed.

Moderate Cavities
Looks like teeth are melting or chipping.

Severe Cavities
Brown/Black in color; may be chipped or broken.

Adapted from Alberta Health Services — Oral Health.

Take your child to the dentist immediately if there are any signs of cavities.

January 2019