

UCLA Early Head Start

5 Tips on Keeping Your Baby's Teeth Healthy

1.



Brush at least 2 times a Day. If your Baby doesn't have teeth, use a soft cloth to wipe gums.

2.



Visit a Dentist once your child has their first tooth, and every six months after the first tooth comes out. When you visit the dentist share with us your baby's first dental visit

#UCLAEarlyHeadStart, #Babyfirstdentalvisit

3.



Limit candy, juice and any other sugary beverage, but if they have some rinse their mouth with water.

4.



Talk about the importance of healthy teeth!

5.



Eat Healthy food!