

Baby Teeth

When do babies get their first teeth?

Baby teeth usually begin to appear when babies are about 6 to 10 months old. Some toddlers get their first tooth as late as 17 months. Some get their first tooth before 6 months.

When will my baby have all her baby teeth?

Most children have a full set of 20 baby teeth when they are 3 years old.

When will these baby teeth fall out?

The baby teeth begin to fall out when your child is about 6 years of age. Her first permanent teeth will begin to appear around the age of 6 years.

Should I brush my baby's teeth?

Yes, when your baby gets her first tooth, begin to brush her teeth with a small soft toothbrush and water at least twice a day. Brush the front and back of her teeth. Brush close to her gum line. Don't use toothpaste with fluoride until your toddler is 2 years old.

How can I get my baby to like a toothbrush?

Be creative –
Choose a soft colorful child size toothbrush.
Sing a song while brushing her teeth.
Let your toddler play with the toothbrush.
Let her watch you brush your teeth.
Make it fun!



What else can I do to protect my baby's teeth?

- ♥ Do not dip pacifiers in anything sweet like sugar, honey or syrup – these can cause cavities.
- ♥ Put your baby to bed without a bottle of formula, juice or sweet drinks.
- ♥ Use bottles for only breastmilk or formula.
- ♥ Wean your baby from the bottle by 1 year of age.

You could have bacteria in your mouth that will cause cavities. You don't want to share these bacteria with your baby.

- ♥ Clean your baby's pacifier with water if it drops on the floor, not your mouth.
- ♥ Use a separate spoon if you want to share food with your baby.



28% of young children get cavities in their baby teeth.

Cavities hurt.
And it's not fun to go to the dentist to fix cavities.
Prevent tooth decay!

Finger Foods

Toddlers like to feed themselves – this is a good time to give finger foods.

Place your toddler in a highchair.

Put some soft finger foods on his tray.
And let him play with the foods.

Your toddler learns a lot about food by playing with it.

Let your toddler feel the food, smash it with his fingers and put some in his mouth.
Your toddler is learning how to eat.
It may be messy, but it will be fun.

- 1 Breakfast cereal
- 2 Small pieces of toast
- 3 Soft cooked noodles
- 4 Cooked rice
- 5 Crackers
- 6 Mashed beans or peas
- 7 Scrambled eggs



Is it important for other family members to feed the breastfed baby so they can bond with the baby?

No, feeding is not the only way to bond with a new baby.

There are many other ways that family members can become involved:

- Holding and cuddling the baby – all babies love this!
- Give the baby a bath. This can be fun – playing and splashing in the water.
- Talk and sing to the baby. Babies love to listen.
- Playing with the baby.
- Practice smiling and laughing with the baby.

Your new baby needs the love and attention of others for her growth and development. Let others help take care of the baby.

But breastfeeding is a special time for moms and babies – enjoy your baby.

Breastmilk is important for your baby. Avoid bottles and protect breastfeeding for your baby.

Babies are meant to be breastfed!

Finger foods are a good way to introduce fruits and vegetables to your older baby or toddler.

Offer soft fruits and vegetables:

- ♥ Banana slices
- ♥ Mandarin oranges
- ♥ Cooked carrots
- ♥ Cooked squash or potato pieces
- ♥ Pear or peach slices
- ♥ Cooked green beans or peas
- ♥ Cooked broccoli
- ♥ Canned fruits – canned in juice