

# Protect that Smile



# Oral Health for Baby

## Before Teeth Appear

- Clean baby's gums with a soft infant toothbrush or a wet washcloth after feeding.



## When to visit the Dentist

- Children should begin seeing a dentist by 1 year of age
- Dental checkups are recommended at least once every 6 months



## When teeth appear

- Brush twice daily
- Use a soft, age appropriate toothbrush
- Begin flossing once two teeth touch
- Use only a smear of toothpaste for children under age 3



## Remember

- Your children will need help brushing! Try letting them brush first and then take your turn.
- Brush twice a day
- Floss every day!
- Baby teeth are very important!



The mission of the Wood County Health Department is to maximize the quality of life across the lifespan by promoting health, protecting the environment and preventing disease and injury.

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