

Milestones for mini mouths

NEWBORN



Germ from your mouth can spread to your baby's mouth, so keeping your mouth healthy is a big part of keeping your newborn's mouth healthy.

Brush your teeth twice a day, floss once a day, and have a dental check-up every 6 months.

0 TO 5 MONTHS OLD

You're beginning to see that adorable smile. Start protecting it by wiping your baby's gums with a soft, clean cloth after each feeding.



6 TO 12 MONTHS OLD

When your baby cuts their first tooth, start brushing twice a day using a drop of toothpaste the size of a grain of rice.

When your baby is ready for solid food, choose things with no added sugar.



1 YEAR OLD

Make sure your baby has a dental check-up before their first birthday.

If you don't have anywhere to take your baby, ask your pediatrician to check their teeth and for a referral to a dentist.



Resource: www.aap.org



Utah Department of
Health & Human
Services

