TOOTH TIPS
FOR BABIES

CLEAN WELL
• Start brushing your baby’s teeth as soon as they appear
• Brush 2x a day: morning AND last thing at night
• Brush all tooth surfaces—outside, top and inside
• Use a small toothbrush with soft bristles
• Use toothpaste with at least 1000 ppm of fluoride—don’t use low fluoride toothpastes like ‘My First Colgate’ or ‘Macleans Milk Teeth’

Only a smear for under 6 years

FLUORIDE
Makes teeth stronger and fixes early stages of decay

EAT WELL
Do not add sugar or honey to your baby’s food or dummy
(also remember honey is not recommended at all before 12 months of age).

If you are bottle feeding:
• always hold your baby while feeding
• put your baby to bed WITHOUT a bottle
• brush your baby’s teeth after feeding at night

From 7 months start introducing your baby to drinking from a cup

DRINK WELL
Breast milk is best!

Breast milk or formula until at least 6 months
Tap water from 7 months
Fruit juice, cordial, milo, flavoured milk and soft drink are not recommended

Visit the Community Dental Service at least once a year
0800 846 983 (0800 TINY TEETH)
TEETHING

• New teeth emerge from about 6 months, and continue until about 2½ years.

Possible signs of teething:
• Restlessness
• Constant crying
• Low-grade temperatures
• Red cheeks
• Not eating and sleeping well
• Drooling
• Desire to bite something hard

TEETHING TIPS

• Apply ice cubes wrapped in a cloth
• Gently massage the gums with a clean finger or the back of a cold spoon
• Solid teething rings can be used (avoid those with liquid inside)
• Teething gels
• Pain Medication as advised by Health Professional

Record each time your baby gets a new tooth on page 27 of their Well Child Health book

BABY TEETH

• Help children to eat, speak and smile.
• Make the shape of face and jaw
• Hold the space for adult teeth
• Improve self-esteem by giving your child a nice smile and appearance
• Good oral health habits from an early age help to prevent problems as an adult.

For more information on oral health visit www.letstalkteeth.co.nz

HYGO054_revised 2016