A Clean Mouth is a Healthy Mouth!  
Start cleaning your baby’s mouth and gums with a warm, damp washcloth immediately after each feeding.

Sweet Dreams Do Not Require Sweet Drinks!  
Never put your baby to bed with a bottle containing any liquid other than plain water.

A Spoonful of Sugar May Do More Harm Than Help the Medicine Go Down!  
Adding flavoring to medication is a common practice to make the medicine easier to take. But just like any other sugary liquid which is left on the teeth and gums after drinking, early childhood cavities can result. Remember: Clean your baby’s teeth after giving any medication.

A Ounce of “Dental” Prevention is Worth a Lifetime of Smiles!  
♥ It is recommended that you protect your baby’s teeth with fluoridated water.
♥ Check and clean your baby’s teeth as soon as they appear.
♥ Feed your baby healthy food such as fruits and vegetables - NOT candy and cookies.
♥ Make your baby’s first dental appointment as early as 6 months and no later than 1 year.

Always Care for Your Baby’s Teeth and Gums!