



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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MAINE SMILES MATTER

An Early Childhood Caries Prevention and Intervention

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How to Keep My Baby's Mouth Healthy



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Why do I need to help my baby have a healthy mouth?

Healthy baby teeth are used for:

- chewing food
- speaking clearly
- saving space for permanent teeth
- good health
- feeling good about him/herself



Things I can do to help my baby have a healthy mouth:

- ◇ Make sure I brush and floss my teeth to keep my mouth healthy and not pass germs that cause cavities to my baby.
- ◇ Before my baby has teeth, wipe my baby's gums with a soft, damp cloth 2 times a day.
- ◇ Breastfeed or give my baby a bottle or sippy cup only at feeding times.
- ◇ Don't put my baby to bed with a bottle or sippy cup or allow my baby to nurse at will.
- ◇ Give my baby a pacifier with nothing on it, especially anything sweet.
- ◇ Never put my baby's pacifier in my mouth before giving it to my baby.
- ◇ Ask my child's health care provider to check my baby's teeth before age one.
- ◇ Use a soft toothbrush, without toothpaste, to clean my baby's teeth.
- ◇ Ask my baby's doctor about fluoride.