Take Time for Teeth

Mama—
Have your dental checkup before your baby is born!

Check with a dentist if you see white, chalky spots on your baby's teeth along the gum line.

At about six months, help your baby learn to use a cup.

First birthday is time for your baby's first visit to the dentist.

Pregnancy / Birth / 6 months / 1 year / Life

After feeding, wipe your baby's gums and teeth with a clean, soft cloth.

At one-year of age, help your baby begin to use a toothbrush.

Visit the dentist every six months through life.

Remember:

When giving a bottle, always hold your baby.

Never put your baby to bed with a bottle.

A message from the
District Health Department
and the
Idaho Department of Health & Welfare
Oral Health and WIC Programs
P.O. Box 83720
Boise, ID 83720-0036

Costs associated with this publication are available from the Idaho Department of Health and Welfare.
IDHW / 10,000 - 16661 - 7/01. Cost per unit $0.104.

For help finding a dentist, call 1-800-926-2588

The Idaho CareLine

Keep Smiling!