

Oral Health Matters

Working together to improve your oral health



DID YOU KNOW THAT GOOD ORAL HEALTH BEGINS AT BIRTH?

Helpful Infant Tips

Even before your baby's teeth show, you should clean the gums with a damp cloth after meals and at bedtime.

Your doctor or dentist can teach you how to clean your baby's gums and teeth.

Once teeth show, you should clean them with a soft-bristled toothbrush (without toothpaste) after meals and at bedtime.

It is good to wean your child from a bottle between 9 and 12 months of age.

Helpful Sleeping Tips for Baby

Do not put your baby to sleep with a bottle, try one of these instead:

- Offer a blanket or favorite toy
- Give baby a warm bath
- Rock baby to sleep
- As a last resort, allow WATER ONLY in the bottle

It may take about 3 to 7 nights of the child crying to break the bedtime bottle habit.

If you have questions about your dental benefits or need help finding a dentist call customer service at:

1-800-936-0978

Idaho Smiles
Dental care for a healthy smile

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