

Pacifiers and Thumb Sucking

- Pacifiers help babies be calm and cry less, especially in their first year.



- ✓ Ask an expert about pacifiers while breastfeeding is being established.
- Keep the pacifier out of sight whenever your baby is not using it.

Cleaning your Baby's Teeth

- Wipe the baby's gums with a soft cloth each day.
- As the teeth come in brush them with a soft toothbrush using a tiny smear of fluoride toothpaste. Begin teaching them to spit.
- Children will need your help to clean their teeth until they are 7 or 8 years old.

Fluorides

Ask your dentist or doctor if your toddler needs:

- fluoride toothpaste
- fluoride supplements
 - ✓ if no fluoride in drinking water

Resources for Dental Care

- Call 211
- Snohomish Health District
www.snohd.org

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter "D" for Dental Care or "O" for Oral Health.

425.339.5219 (recorded list)
Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

- WithinReach
www.parenthelp123.org
Online eligibility for Medical/dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 206
Everett, WA 98201-3900
425.339.5219

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Oral Health for Ages Six Months to a Year



**What parents
need to know**

 **SNOHOMISH
HEALTH DISTRICT**
WWW.SNOHD.ORG

Baby teeth start coming in about 6-8 months!

- Baby teeth come in by age 3 years.



A = First to come in E = Last to come in

Make first dental appointment!

- Infants and toddlers need check-ups too!
- First tooth. First Birthday. First Visit.
- Tooth decay can start as early as when the first teeth come in!

Protect baby teeth!



Feeding Practices

Breastfeed as long as you can.

If you choose to Bottle feed:

- Hold your baby for EVERY bottle.
- Never let babies or toddlers take a bottle or cup when they crawl or play.
- Only formula, breast milk or water in **bottles (no juice, even diluted)**

Begin introducing solid foods around age six months. Ask your health care provider if your baby is ready.

Growing up – Baby uses a Cup

- Introduce a cup when your baby is able to sit up alone, around age 6 months.
- Give food and drinks, other than water to older babies sitting in a high chair or at the table.
- Use a cup without a lid, whenever possible.
- Choose a sippy cup that 'pours' freely, when a lid is needed.
- As babies begin to eat more foods, they drink less breastmilk or formula. This is the beginning of weaning.

Teething

- Give babies things to chew on: teething rings, a cold washcloth, rub the gums with your thumb. Babies will drool more, chew or fs when teething.
- Because babies like to chew on things during teething, watch out for things that may cause choking. Numbing gels can cause choking, too.
- Teething spells rarely last longer than 2-3 days a time. If your baby is miserable, Baby Tylenol or Motrin provide the longest relief. Ask your doctor or pharmacist about the right amount.
- Teething spells are different for every child. Some children never fuss. Some fuss with every tooth.
- Children do not run fevers or have diarrhea with teething.

