

HEALTHY TEETH START EARLY

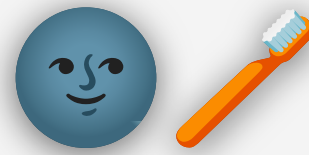
 BRUSH  EAT HEALTHY  DRINK SMART  VISIT THE DENTIST

Brush ALL sides of every tooth with fluoride toothpaste



2 TIMES A DAY

- **MORNING**
- **BEFORE BED**



BRUSH

- Brush twice daily
- Use fluoride toothpaste
- Help children brush & floss
- Make it fun, use a 2-minute song



EAT

- Eat healthy meals
- Pick healthy snacks
- Limit sugary foods & treats



DRINK

- Choose water often
- Limit sugary drinks
- Skip milk or juice after bedtime brushing
- Offer babies only breast milk, formula, or water



VISIT

- Schedule your first dental visit by age 1
- Attend regular dental checkups
- Ask your dentist about fluoride & sealants



Healthy baby teeth help children eat, speak, sleep, & smile with confidence.



FMDH
PUBLIC HEALTH

Office Hours: Monday – Thursday | 8:00 AM – 5:00 PM
621 3rd Street South Glasgow, MT | South Wing Entrance
Phone: (406) 228 – 3616 | Fax: (406) 228 – 3509

GOOD ORAL HEALTH IS IMPORTANT FOR YOU & YOUR BABY'S OVERALL HEALTH

1 DURING & AFTER PREGNANCY

Seeing the dentist for a cleaning and exam during pregnancy is safe and can help keep you and your baby healthy.

- Brush your teeth twice a day with fluoride toothpaste.
- Floss once a day and consider using an alcohol-free mouthwash for added protection.
- Drink plenty of water to help prevent dry mouth.
- Eat a balanced, nutrient-rich diet and limit sugary foods and drinks.
- If you experience morning sickness, rinse your mouth with water after vomiting and wait at least 30 minutes before brushing to help protect your tooth enamel.

3 BABY BOTTLE

Healthy feeding habits help protect your baby's teeth.

- Never put your baby to bed with a bottle containing milk, formula, juice, or other sweetened drinks.
- Milk and other liquids can remain on the teeth and gums, increasing the risk of tooth decay.
- If your baby needs a bottle at bedtime, fill it with water only (if appropriate for your child's age and your healthcare provider's guidance).

5 FIRST BIRTHDAY

A healthy smile starts early!

- Schedule your child's first dental visit by their first birthday or within six months after their first tooth appears—whichever comes first.
- Regular dental visits help prevent cavities and establish healthy habits for life.

2 NEWBORNS

Even before teeth appear, your baby's mouth needs gentle care.

- After each feeding, gently wipe your baby's gums with a clean, damp washcloth or soft infant gum cloth.
- Avoid sharing spoons, pacifiers, or toothbrushes, which can transfer cavity-causing bacteria.



4 FIRST TOOTH

Your baby's first tooth is the perfect time to begin brushing.

- As soon as the first tooth appears, brush twice a day using a soft-bristled infant toothbrush.
- Use a rice-sized smear of fluoride toothpaste.
- Begin offering water in a cup as your child approaches their first birthday.

6 TODDLER YEARS

Healthy baby teeth are important for healthy permanent teeth.

- Brush your child's teeth twice a day with fluoride toothpaste.
- Help your child brush until they have the coordination to do it well on their own (usually around ages 6-8).
- Limit sugary snacks and drinks, especially between meals.
- Baby teeth help your child chew, speak clearly, and hold space for their permanent teeth.

**GLASGOW, MT
DENTAL
OFFICES**



BUDDE FAMILY DENTISTRY | (406) 228 - 2211
GLASGOW DENTAL CLINIC | (406) 228 - 2656
GLASGOW PEDIATRIC DENTISTRY | (406) 248 - 3303