

# GOOD ORAL HEALTH BEGINS AT BIRTH

## HELPFUL INFANT TIPS:

Before your baby's teeth show, you should clean the gums with a damp cloth after meals and at bedtime. Once teeth show, you should clean them with a soft toothbrush (without toothpaste) after meals and at bedtime.

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

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
- 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 are a MassHealth member and need help finding a dentist please call **1-866-616-2699, TTY 711**.

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