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*Bright Smiles. Bright Futures.*

*W*hy baby teeth are important:

- **Eating**
- **Talking**
- **Saving space for the permanent teeth**
- **Smiling**

# *P*rotect Your Baby's Smile (6-18 months old)



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The American Public Health  
Association recommends  
regular prenatal checkups.

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*5* Ways to a Beautiful Smile

# 5 Ways to Protect Baby's Smile (6-18 months)

1

When baby is 6-12 months old:

## Begin Using a Sippee Cup

As soon as baby begins reaching for your jewelry and holding toys, it is time to introduce the sippee cup.

It may be messy at first, but keep at it. Baby will love learning this new skill!



2

## Avoid Letting Baby Walk Around with a Bottle

Prolonged exposure to the bottle can lead to a serious condition known as "Early Childhood Cavities."

3

When baby is 12 months old:

## Wean Baby from the Bottle

At 12-14 months of age, it is time to wean baby from the bottle. Baby may fuss and cry at first but will soon forget all about the bottle.

It is much easier to wean a one-year-old than it is to wean a two-year-old.

4

## Clean Baby's Teeth Daily

When the baby teeth begin to erupt at about 6 months, you should clean baby's teeth every day with a soft, damp baby toothbrush.

The best position will probably be for you to sit down and hold baby in your arms. You can also sit on the floor and lay baby's head in your lap.

Check baby's teeth for cavities. Lift baby's lip and look at the teeth. If you see brown spots or chalky white spots, call your dentist.



5

## Visit the Dentist

Once baby reaches his/her first birthday, it's time to take baby for the first visit to the dentist.