

## Care for Your Infant's Gums and Teeth

Before teeth start to erupt, you should be gently wiping your infant's mouth with a clean, warm wash cloth 2 times per day, especially after feedings and before bed time. This helps to wash away the bacteria in your child's mouth.

Once teeth start to erupt, you can use an infant finger brush to gently remove plaque and bacteria that forms on their teeth. Once your infant starts to get more teeth, you can graduate to brushing with a child sized toothbrush.

Use a grain of rice sized amount for children under 2 years old, and a pea sized amount of fluoridated toothpaste for children over 2 years old.

Children should visit a dentist by their first birthday or when the first tooth starts to erupt.



## Breast Feeding May Help Build a Better Bite

*A June 2015 study from Pediatrics found babies that are exclusively breastfed for six months were 72% less likely to have crooked teeth (malocclusion). These babies were less likely to develop open bites, crossbites, and overbites than babies who breastfed for less than six months or not at all. This, however, does not mean your exclusively breastfed baby would not need braces someday. Other factors, including genetics, pacifier use, and thumb sucking affect alignment.*

## Breast Feeding Reduces the Risk for Baby Bottle Tooth Decay

*A benefit of exclusive breastfeeding is a reduced risk of baby bottle tooth decay. This type of decay often occurs when a baby is put to bed with a bottle. It most often occurs in the upper front teeth, but other teeth may also be affected. Although natural, breast milk, just like formula, contains sugar. That is why, breastfed or bottle fed, it is still important to care for your baby's teeth from the start.*

information found at <http://bit.ly/3tvCXiF>



## Infants & Toddlers

**NorthLakes**  
COMMUNITY CLINIC

888.834.4551  
[nlccwi.org](http://nlccwi.org)

# Signs of Teething

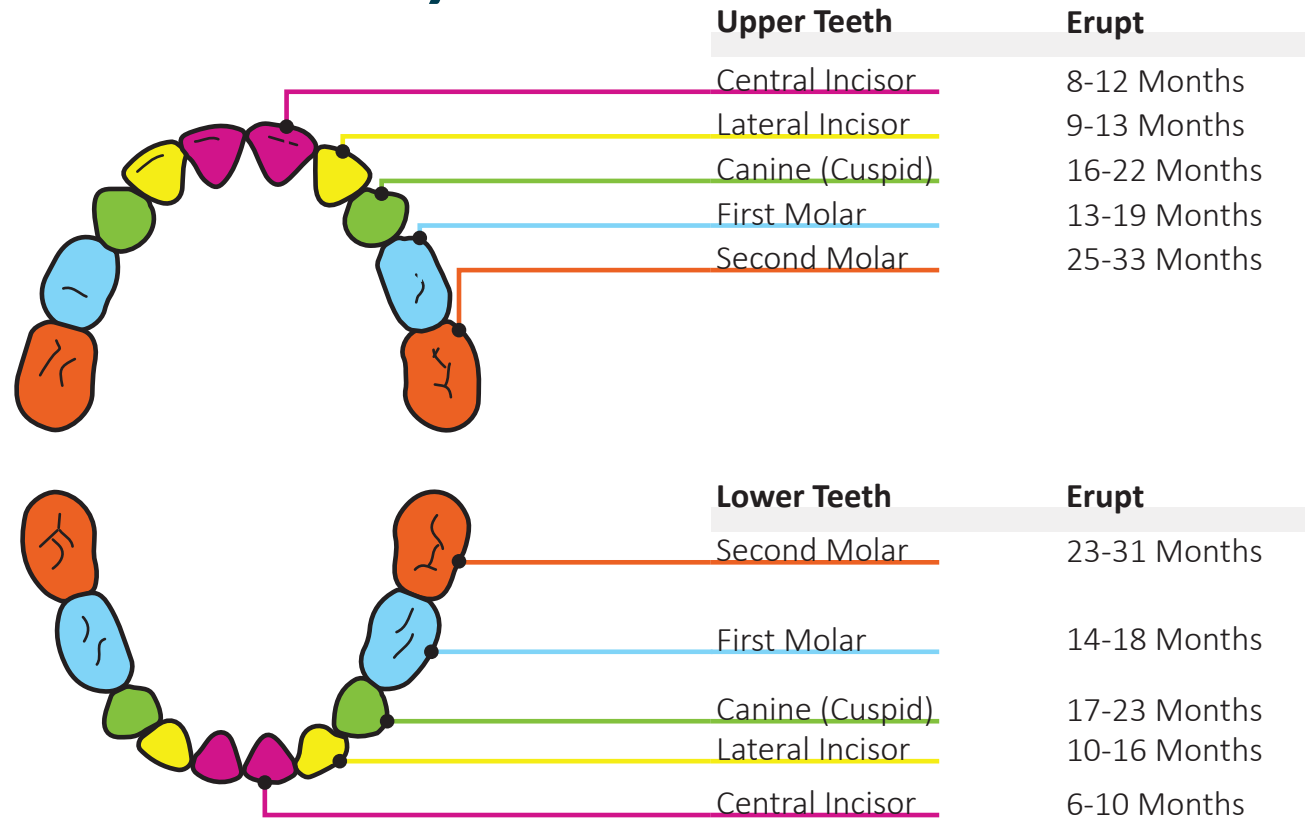
- Swollen Gums
- Drooling

# Tips for Teething

- Rub gums with a clean finger.
- Give a clean, cool teething ring or a cold wash cloth.
- Tylenol can be used for pain relief, but **ALWAYS** ask your physician prior to giving your child any type of medicine.
- Topical pain relievers are **NOT** recommended.



# Eruption Chart for Primary Teeth



## Healthy Foods for Infants and Toddlers

Once your child's teeth start erupting, it's time to start introducing healthy foods. It is important to limit sugary and high carbohydrate foods. Children should drink milk with meals and water in between meals.



It is important for children to have balanced meals, foods should include;

- Dairy:** Cheese, Yogurt
- Protein:** Eggs, Lean Meats (like chicken)
- Fruit:** Berries, Grapes, Bananas
- Vegetables:** Carrots, Beans, Peas