



AUSTRALIAN DENTAL ASSOCIATION INC.

dental health information

DENTAL HEALTH TIPS FOR BABIES AND TODDLERS

1. To soothe the irritation of teething, give your baby a teething ring to chew on.
2. Don't give sweetened drinks from the bottle as they can cause decay. Establish regular bottle feeds and, if your baby needs a drink between feeds, use cooled boiled water.
3. After feeding, to prevent tooth decay, wipe your baby's teeth with a moist cloth. At about eight months, start your infant drinking from a cup as this reduces the time that decay-producing sugars are in contact with the teeth.
4. Introduce your infant to tooth cleaning as soon as the teeth appear. As infants are unable to control swallowing, a small smear of low strength fluoride toothpaste (or no toothpaste at all) should be used.
5. At about eighteen months, take your child to the family dentist for a check-up to become accustomed to regular dental visits.