



Oral Care Milestones

Good oral health begins as soon as your baby is born. Start following these steps today!

Age 0 – 6 months

- Clean baby's gums daily, after feeding and before bed.
- Put nothing but water in baby's bedtime bottle.



Age 6 months

- Baby teeth start to come in. **Brush them twice a day** with a “smear” of fluoride toothpaste and a soft, infant-sized brush.
- Take your child for his/her first **dental checkup** before the age of one.
- Teach your child to use a **sippy cup**.

Age 1

- Wean your child from the bottle.

Age 2

- Wean your child from sucking the thumb or pacifier.
- Brush twice a day with a pea-size amount of fluoride toothpaste.

Age 3

- Brush twice a day with a pea-size amount of fluoride toothpaste.

According to the American Dental Association, before water fluoridation, children developed 3 to 4 new cavities each year.



Family Reminders

- **Don't share** eating utensils or toothbrushes. This can spread germs!
- Limit **food and drinks with sugar** to no more than three times a day and brush afterwards.

Learn more at
www.colgatebsbf.com



Your Child's Bright Smile...It Can Last a Lifetime!