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 sippee cup.

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.

Learn more at www.colgatebsbf.com

Age 1
• Wean your child from the bottle.

Age 2
• Wean your child from sucking the thumb or pacifier.

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