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!

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