



Tips for Healthy Teeth

- Clean baby's gums every day
- Do not put your baby to bed with a bottle
- Give your child water to drink every day
- Ask your doctor or nurse to check your baby's teeth
- First Tooth = First Dental Visit

EBCI

Public Health and
Human Services

Children's Dental Program



If you need assistance,
call:

828-359-6197

or

CIHA Dental Clinic

828-497-9163 ext. 6478



Nashville Area Dental
Support Center
United South and Eastern
Tribes, Inc.
Nashville, TN

Wipe Smear Brush



Tips for Cleaning
Your Child's
Teeth

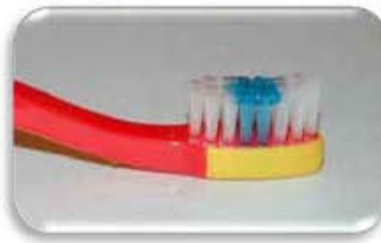
Wipe

Before teeth come in, wipe baby's mouth with a moist cloth or special baby "gum" brush



Smear

When teeth start to come in, around 4-8 months, start using a small "Smear" of toothpaste



This is easy if you wipe toothpaste across the brush. Use this amount until your child's second birthday.

Brush

After your child reaches age 3, use a "Pea Size Dab" of toothpaste.

Use fluoride toothpaste every morning and night.

Check after your child brushes to make sure teeth are clean.

