

Healthy Behaviors to Keep Your Baby's Teeth Healthy

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Breastfeeding is considered to be the safest, healthiest and most natural way to feed your baby. It is also important, once your child's teeth begin erupting (about 6-12 months), to consider the frequency that they are breastfeeding. Breast milk contains lactose or milk sugar.

Continual nursing, once babies' teeth begin to erupt in their

mouth, increases their risk of developing Early Childhood Caries or cavities. For the health of your baby's teeth, try to nurse on a regular schedule, and clean your baby's teeth and gums with a warm, moist wash cloth, piece of gauze or baby toothbrush.



Teething can begin as early as 6 months of age and may last until 2 years of age.

Massaging your baby's gums gently with a soft, cold cloth for a few minutes may

help to soothe their gums or you could try a cold teething ring. Don't dip, rub or soak the cloth or teething ring with anything sweet, like sugar, honey, soda or other sugary substances; this could increase the chance of cavities forming.



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Bottle Feeding your child frequently and continuously with infant formula, milk, juice or other sugary substances once their teeth begin to erupt causes an increased chance of developing cavities.



Since cow's milk contains milk sugar, it is especially important that your baby not go to bed with a bottle of milk, juice or formula, but rather water, once their teeth begin to erupt. Saliva or spit, helps to "rinse" the teeth all during the day. While sleeping there isn't as much saliva, so the sugar substance in milk, formula and juice isn't able to be washed away, like it is during the day. Right around your child's first birthday is a good time to begin weaning them from the bottle.



At age 6 months your baby can begin to use a sippy cup for drinking.