



0-2 Years

**When you're little,
healthy teeth
mean a lot.**

Baby teeth are important for
eating, talking and smiling.
Good habits start early.



www.dentalhealth.ie






Dental Health Foundation
Ireland

**For tips please
turn over**

0-2 Years




Visit your dental team once a year for advice and a check up to prevent tooth decay & gum disease.

Tooth Tips

-  Use a clean damp cloth to clean baby's gums after a feed.
-  When first tooth appears brush twice a day with a soft toothbrush and water.
-  Don't use toothpaste unless advised by your Dentist.



Teething

-  Symptoms of teething may include drooling, disturbed sleep, feeding irritability and tender gums.
-  Offer your baby something cool to chew on or rub a cool, damp cloth over the area.
-  If your child has diarrhea or a fever see your doctor.







Diet

-  Don't put sweet drinks, juice, tea or fruit drinks in baby's bottle.
-  Breastfeed or give breastmilk, formula or cooled boiled tap water in baby's bottle.
-  Unflavoured milk and water are the most tooth friendly drinks.
-  Read food labels carefully for sugar content. Less than 5g per 100g is low sugar. Don't add sugar to food or drinks.
-  Choose healthy snacks between meals.



General Tips

-  Encourage drinking from a free flow sippy cup from 6 months.
-  Using a bottle after 12 months of age increases the risk of tooth decay.
-  Don't dip a soother in honey, jam or anything sweet.
-  Don't let baby sleep with bottle in its mouth.

