

Your Baby's First Dental Visit

Schedule your baby's first dental visit by age 1. This will help to make sure their teeth are developing properly and to screen for any potential problems.^{1,4}

At the first visit, you will hold your baby in your lap while the dentist checks their teeth.

The dentist will likely examine and review:

- Eating and drinking habits;
- Teething;
- Home care;
- Unusual findings such as sores around or in the mouth;
- Mouth and teeth development; and
- Fluoridation recommendations based on your baby's risk of getting cavities ²

Try to schedule this visit at a time when your baby will likely be more cooperative, such as well-fed and after plenty of rest.



References

1. American Academy of Pediatrics. (2020). [Good Oral Health Starts Early.](#)
2. American Academy of Pediatric Dentistry (AAPD). (2021). [Perinatal and Infant Oral Health Care.](#)
3. American Dental Association (ADA). (n.d.). [Baby Teeth.](#)
4. American Dental Association (ADA). (2013). [Healthy Smiles From the Start.](#)
5. Centers for Disease Control and Prevention (CDC). (2019). [Children's Oral Health.](#)
6. Mayo Clinic. (2021). [Oral Health: A window to your overall health.](#)

Oral Health Improvement Program

Department of State Health Services
Oral Health Improvement Program
Mail Code: 1818
1100 W 49th Street
Austin, TX 78756
512-776-2008
dental@dshs.texas.gov
dshs.texas.gov/dental

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Infant Oral Health



TEXAS
Health and Human
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Healthy Teeth Make
Healthy Kids

During Pregnancy

Visit your dentist regularly. It is safe to see a dentist while you are pregnant. The health of your mouth can affect your baby.⁵

Poor oral health is associated with diabetes, heart disease, stroke, and low birth weight babies.⁶

Brush twice a day for two minutes. Use a soft bristled brush and circular motions. Time yourself by listening to your favorite song.

Use a soft-bristled toothbrush. Angle your toothbrush towards the gumline where your tooth meets your gums. Gently brush with small motions.⁶

Floss at least once a day. Gently bring the floss between two teeth and down to the gum line. Wrap the floss around one tooth in the shape of the letter “C”. Move the floss up and down the side of that tooth. Wrap the floss around the tooth on the other side and repeat. Continue this between all your teeth.

Caring for Baby

Wipe your baby’s gums with a clean, damp washcloth in the morning, after every feeding, and before bed.⁵

Most babies will get their first tooth around age 4 to 6 months.³ Their gums might be sore.³

You can help your baby get through teething. Rub the gums gently with a clean finger or a wet gauze pad or give them a teething ring. Teething gels are generally not recommended.

Gently brush the teeth with a small child-sized toothbrush. Use a smear or rice-sized amount of fluoridated toothpaste for children younger than age 3.^{4,5}

Check your baby’s mouth regularly. Look for any different areas like dark or white spots and changes in the gums and teeth. Don’t forget to lift the lips to see the entire tooth.

Nutrition Is Important

Avoid putting your baby to bed with a bottle of milk or other sugary drinks if possible. If your baby does use a bottle before bed, try using water.¹

Sugary drinks and snacks cause tooth decay. Limit juice, milk, and soda to mealtimes.¹

Tips to Keep Your Baby’s Mouth Healthy

- Take your baby to the dentist regularly. This will help your baby have a healthy mouth.
- Avoid dipping pacifiers in anything sweet.¹
- Avoid using the same utensils or cleaning pacifiers with your mouth. This can transfer your cavity-causing bacteria to baby.³
- Check your baby’s teeth and mouth regularly. Lift their lips to see all their teeth and gums.
- Clean your baby’s teeth and gums daily. Wipe gums with a washcloth. Brush teeth with a finger brush or baby toothbrush using a small smear of fluoride toothpaste.
- Avoid over-the-counter numbing gels for your baby’s teething since they may be toxic.²

