

- ☐ Avoid sharing germs (spoons, straws, licking pacifiers) so I don't pass germs to my baby.
- ☐ Starting at birth wipe gums with a clean damp soft washcloth, after every feeding and especially at bedtime.
- ☐ Use a very tiny amount of toothpaste with fluoride on a child-size soft nylon toothbrush after the first tooth is in.
- ☐ Not put my baby to bed with a bottle.
- ☐ Look for changes in tooth color. See a dentist if you see white or brown spots or stains on your baby's teeth.
- ☐ Make a dental visit for me.

I will do these things to help my baby's teeth:

Baby Teeth are Important!

Fold along line

My Baby's Firsts:

First Smile: _____

First Tooth: _____

First Dental Visit by Age One: _____

First Fluoride Varnish: _____

My Baby's Dental Home is: _____

☒ **First Smile**
☒ **First Tooth**
☒ **First Dental Visit by Age 1**

**Keep your baby healthy
and cavity-free with
a well-baby dental
visit by age 1.**

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