Clean baby’s gums and teeth everyday
Do not put baby to bed with a bottle
Give your child water to drink every day
Lift the lip to check your baby’s teeth
Take your child to the dentist by their first tooth
Steps for cleaning your child’s teeth as they grow.

**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.