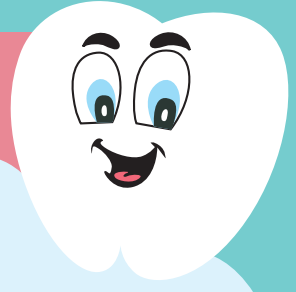


TOOTH TIPS

FOR BABIES



CLEAN WELL

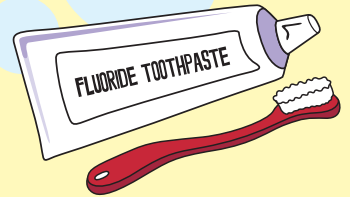
- Start brushing your baby's teeth as soon as they appear
- Brush 2x a day: morning AND last thing at night
- Brush all tooth surfaces—outside, top and inside
- Use a small toothbrush with soft bristles
- Use toothpaste with at least 1000 ppm of fluoride—don't use low fluoride toothpastes like 'My First Colgate' or 'Macleans Milk Teeth'



Only a smear for under 6 years

FLUORIDE

Makes teeth stronger and fixes early stages of decay



EAT WELL

Do not add sugar or honey to your baby's food or dummy
(also remember honey is not recommended at all before 12 months of age).

If you are bottle feeding:

- always hold your baby while feeding
- put your baby to bed WITHOUT a bottle
- brush your baby's teeth after feeding at night



Brush twice a day for healthy teeth

From 7 months start introducing your baby to drinking from a cup

DRINK WELL

Breast milk is best!



Breast milk or formula until at least 6 months



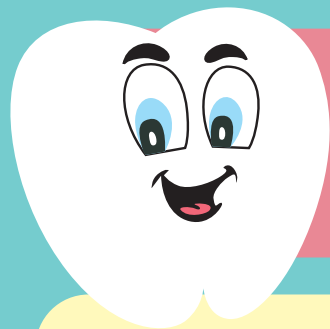
Tap water from 7 months



Fruit juice, cordial, milo, flavoured milk and soft drink are not recommended

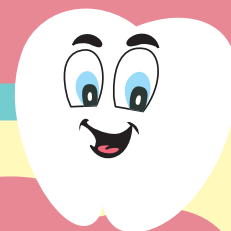
Visit the Community Dental Service at least once a year
0800 846 983 (0800 TINY TEETH)

WellChildCore4Contact:5-7months



TOOTH TIPS

FOR BABIES



TEETHING

- New teeth emerge from about 6 months, and continue until about 2½ years.

Possible signs of teething:

- Restlessness
- Constant crying
- Low-grade temperatures
- Red cheeks
- Not eating and sleeping well
- Drooling
- Desire to bite something hard



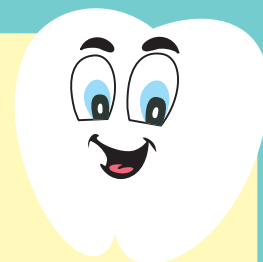
High fever, vomiting, diarrhea or ear infections are NOT signs of teething - see your health care provider if your baby is showing these signs or if pain and symptoms persist.

TEETHING TIPS

- Apply ice cubes wrapped in a cloth
- Gently massage the gums with a clean finger or the back of a cold spoon
- Solid teething rings can be used (avoid those with liquid inside)
- Teething gels
- Pain Medication as advised by Health Professional

Record each time your baby gets a new tooth on page 27 of their Well Child Health book

Baby teeth are important!



BABY TEETH

- Help children to eat, speak and smile.
- Make the shape of face and jaw
- Hold the space for adult teeth
- Improve self-esteem by giving your child a nice smile and appearance
- Good oral health habits from an early age help to prevent problems as an adult.

For more information on oral health visit:
www.cdhb.health.nz/health-services/community-dental-service/

This resource is available from healthed.govt.nz or the Authorised Provider at your local health district.

**Health New Zealand
Te Whatu Ora**

HYG0054_revised 2025

Content derived from: New Zealand Dental Association. 2008. Healthy Smile, Healthy Child: Oral Health Guide for Well Child Providers. Auckland: New Zealand Dental Association.

Community & Public Health
a division of
Canterbury District Health Board