

# HEALTHY MOM & BABY



## Healthy Tips for Babies and Moms



**When you keep your mouth healthy your baby will be healthier too.** You can pass germs to your baby's mouth that may cause cavities when your baby's teeth come in.

**Follow these tips to protect your baby's sweet smile!**



Brush your teeth  
two times every day.



Visit a dentist while pregnant  
to keep your mouth healthy.



Floss between your  
teeth every day.



Keep seeing your dentist for  
a check up every six months.

# Healthy BABY

## Before feeding:



Wash your hands and baby's hands



Wash bottles and feeding tubes

## After feeding:



Clean your baby with a soft cloth and warm water



Even if your baby is tube feeding, wipe baby's mouth at least

**2** times a day



Clean cheeks and hands

Wipe lips, tongue and inside mouth



Take your baby to the dentist before their first birthday.

America's ToothFairy is working to improve the oral health of families. We help support service delivery, educate caregivers, and reinforce the importance of oral health for the entire family and across the United States. [Learn more at AmericasToothFairy.org](http://AmericasToothFairy.org).

