



## Baby's Teeth Need Special Care Too!

You may only see the gums in your baby's mouth but this doesn't mean you don't need to take care of them. Caring for your baby's teeth before they come in is the most important thing. Your baby's teeth may be small, but they're important because they will turn into adult teeth one day. If your child does not have healthy baby teeth, they may have trouble chewing and speaking clearly later in life. This is why caring for baby teeth and keeping them healthy is so important.

You can care for your baby's gums right away and this does not involve a toothbrush.

- Use a soft moistened washcloth or piece of gauze.
- Gently wipe down your baby's gums at least twice a day, especially after feeding.

These techniques can help to wash off any bacteria that could be on your baby's gums. Bacteria can leave behind plaque that can damage an infant's teeth as they poke through.

When you start to see the baby teeth start to pop up, you can use a small amount of non-fluoridated toothpaste on a toothbrush. Wait to use fluoride until they are about 2 years old. You should brush your baby's teeth until he or she is old enough to hold the brush. Keeping up with the care of your baby's teeth will set the stage for healthy habits as they grow.

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