

# GOOD HEALTH STARTS AT BIRTH



## HELPFUL INFANT TIPS:

- Even before your baby's teeth show, you should clean the gums with a damp cloth after meals and at bedtime.
- Your doctor or dentist can teach you how to clean your baby's gums and teeth.
- Once teeth show, you should clean them with a soft-bristled toothbrush (without toothpaste) after meals and at bedtime.
- It is good to wean your child from a bottle between 9 and 12 months of age.

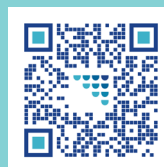
## HELPFUL SLEEPING TIPS FOR BABY:

Do not put your baby to sleep with a bottle, try one of these instead:

- Give baby a warm bath
- Rock baby to sleep
- As a last resort, allow WATER ONLY in the bottle after 6 months of age.

Looking for health and wellness resources?

There are places near you that can help! Visit DentaQuest's Community Resource page to view a list of resources in your area. Just use your smartphone camera to scan this code.



Hover over the code and tap on your screen.

