



Taking care of my
child's teeth,

starts now!

**Oral health advice
for toddlers**

between 0 and 1 year

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I take care of my baby's milk teeth as early as possible



How should I clean their teeth?



Even before any teeth appear



And as soon as the first teeth appear

In the evening:

I can get my baby used to oral hygiene: I **gently** clean their gums with a **damp compress** wrapped around my clean finger, or using a **finger cot**.

I follow my baby's rhythm and never force them.

Morning and evening, after meals:

I brush their teeth with a soft, small **toothbrush** that is **suitable for** my child's age. I use the toothbrush with a **very small amount** of toothpaste (less than a grain of rice) **containing fluoride at 1,000 ppm** (the dose indicated on the packaging). Fluoride prevents tooth decay.

There is no need to rinse the mouth.

Medication: I give it to them **before** brushing their teeth.

After brushing in the evening: no food, just **water**.



I use a toothbrush with a small amount of fluoride toothpaste at 1,000 ppm.



Baby teeth are growing. How can I relieve the discomfort?

I **massage** their **gums** with a clean compress, with water or teething gel.

I give my baby a cold **teething ring** that I have placed in the refrigerator (not the freezer) beforehand.

> Feeding: what should I watch out for?

As soon as my baby starts eating a variety of foods From 6 months onwards:

I offer them meals at regular times, with **4 meals a day**.

I avoid feeding my child between meals, day or night.

To reduce the risk of tooth decay, I offer milk at mealtimes.

I prioritise fruit, vegetables and starchy foods. I offer solid foods, starting with small pieces.



Be careful when choosing drinks!

Outside of and during meals, **water is the only drink to offer**.

Children should never fall asleep with milk or other sugary drinks, otherwise they risk developing tooth decay.



And to comfort my baby?

A comfort blanket, a kiss, a cuddle... but no sugary drinks or foods.

Thumb or pacifier: what should I choose for my baby and when should they stop?

A pacifier may be recommended instead of thumb-sucking to make it easier to stop. However, the decision to use a pacifier remains a personal choice.

If I use a pacifier for my baby:

- **I make sure it is in good condition and clean**, without cleaning it with my own saliva. I change it regularly.
- **I don't dip it in sugar, honey, syrup, etc.**
- **I limit its use to bedtime.**

For healthy mouth and tooth development, it is recommended to **gradually wean your child off sucking habits from 12 months onwards**.



> Observation and monitoring by the dentist

My baby often has their mouth open. Is this normal?

The mouth is used for eating and talking, not for breathing.

Breathing is done through the nose, even at night, and at any age.

If my baby often breathes through their mouth (during the day or at night), this can interfere with the development of their jaws and be a factor in tooth decay.



I can:

- talk to a healthcare professional about it,
- learn how to do a nasal rinse.

For more information



When should I take my baby for a check-up at the dentist?

The first visit to the dentist is recommended **during the first year**, even if everything is fine. Subsequent visits should be regular, **at least once a year**, throughout life!



Do you speak little or no French?

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> Contact: prisme@facs-na.fr / 06 98 91 68 79

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