



Taking care of my  
child's teeth,

**starts now!**

**Oral health advice  
for toddlers**

**between 0 and 1 year**

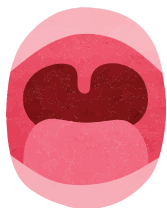
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# *I take care of my baby's milk teeth as early as possible*

## > How should I clean their teeth?



**Even before any teeth appear**

### **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.



**And as soon as the first teeth appear**

### **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!



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