North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire

myhealthunit.ca

Birth to 5 Months



Birth to 5 Months

Help prevent the transfer of cavity-causing bacteria to your baby

- Avoid kissing your baby on the mouth.
- Avoid cleaning a pacifier or a bottle nipple by putting it in your mouth.
- Avoid testing the temperature of your baby's food or liquids with your mouth.
- Avoid cooling your baby's food by blowing on it.
- Avoid putting anything in your baby's mouth that has been in yours.

Clean your baby's mouth

- After every feeding, use a clean, damp facecloth to gently wipe your baby's gums, taking away any leftover breast milk* or formula.

  * *We recommend exclusive breastfeeding for baby's first six months.*

- When baby teeth start to appear, use a small soft-bristled toothbrush with water to clean them.