

# Breastfeeding & Keeping Baby's Teeth Healthy



- Breastfeeding and breast milk are the best choices for baby!!!!
  - When possible, feed your baby only breast milk for the first 6 months.
  - Before other foods are added, breast milk alone does not cause cavities.
- Start other healthy foods at 6 months and continue to breastfeed for 12 months or as long as the mother and child wish.
  - Once other foods, including formula, are started, teeth can get cavities quickly.
  - Limit how often sweet foods are given.

## ***Start good habits early by cleaning your baby's mouth to keep it healthy***

- Wipe your baby's gums with a clean cloth after morning and evening feedings
- When teeth first come in, brush them in the morning and before bed with a small soft toothbrush or clean cloth.



Take your baby for a dental visit by age one,  
or as suggested by your dentist!