

# BABY'S 1<sup>ST</sup> YEAR: ORAL HEALTH MILESTONES



## THE NEWBORN STAGE (0-3 MONTHS)

Your baby doesn't have teeth, but he does have strong gums! During the first month at home, your little one may learn to put his hand to his mouth.

### TIP:

A hand to the mouth can be a sign of hunger.

## THE DROOLING STAGE (3-6 MONTHS)

The cute little bubbles your baby is starting to blow may mean that his first tooth is on the way! All that drool helps keep baby's mouth moist & clean.

### TIP:

Saliva protects against tooth decay.



## THE TEETHING STAGE (4-7 MONTHS)

Starting to see the front or bottom teeth pop up? This is referred to as "cutting teeth." Teething can cause mild irritability & a low-grade temperature.

### TIP:

Ease baby's discomfort by gently rubbing their gums.

## THE TWO TEETH AND BEYOND STAGE (6-12 MONTHS)

After the front teeth pop up, the molars and canine teeth will follow. The timing of each child's teeth can vary, so don't worry if your baby doesn't follow this pattern. In fact, some babies don't cut their 1<sup>st</sup> tooth until after their 1<sup>st</sup> birthday!

### TIP:

Use a washcloth to wipe away milk residue. When teeth pop up, brush with a soft, child-size toothbrush.



## BABY'S 1<sup>ST</sup> BIRTHDAY! (12 MONTHS)

You did it, Mom! You made it through your little one's 1<sup>st</sup> year! There's nothing cuter than a smiling baby covered in birthday cake, which is a sweet reminder to schedule their first dental visit.

### TIP:

Lead by example. Brush and floss twice a day to model good habits for your kids as they grow up.

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#### Sources:

<https://www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/Teething-4-to-7-Months.aspx>  
<https://www.healthychildren.org/English/ages-stages/baby/Teething-Developmental-Milestones-1-Month.aspx>  
<https://www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/Drooling-and-Your-Baby.aspx>