

Dental Health Begins at Birth

Birth to 12 Months - Usually at around six months of age, a child's two bottom front teeth begin to come in. Your baby will be teething on and off for the next couple of years.



- Parents - Have your own teeth cleaned and dental work completed to prevent passing decay-causing germs to your baby.
- Never put baby in bed with a bottle.
- Clean your baby's gums and teeth daily with a clean, damp washcloth.
- Baby should begin using a cup at 6 months of age.
- Ask your dentist, doctor, or health department about giving your baby fluoride drops.
- Wean baby from the bottle at 12 to 14 months of age.
- Lift baby's lip and check all tooth surfaces for white or brown spots.

1 to 3 Years - By age 2 1/2, your child should have all 20 of his or her primary teeth. Your child's permanent teeth will start to come in at about age 6.

- Take your baby to the dentist. Topical fluoride treatments may be applied to teeth to protect them from cavities.
- Use a pea-sized dab of fluoride toothpaste to clean your child's teeth daily.
- Offer healthy snacks. Limit sweet snacks and drinks.
- Keep giving your baby fluoride drops if your dentist, doctor, or health department recommends it.



**Ventura County
Public Health**

A Division of the Ventura County Health Care Agency

**Please call:
Appointment desk: 805-981-5221
or toll-free: 1-888-285-5012**