

TIPS FOR BRUSHING YOUR BABY'S TEETH

Position yourself and the baby comfortably

It is easier and more comfortable to brush your baby's teeth while he or she is lying down. This method also allows you to have access to the inside of the baby's mouth more easily.



Possible positions to facilitate brushing

- Hold your baby in your arms in a breastfeeding position.
- Lay your baby on a change table (always under adult supervision).
- Place your baby on a bed or sofa, with his or her head resting on your lap.
- On the ground, lay baby's head on a pillow, that is place between your legs.
- Sit in a chair, facing another adult Knee-to-knee; lay your baby down with his or her head on your lap while the other person supports the baby's legs and arms.

Tips for brushing

- Brush in small circles starting at the edge of the gums, then on the teeth.
- Brush:
 - » The surfaces of the teeth that rest against the cheeks and against the tongue;
 - » The surfaces on top of the teeth.
- If the gums bleed during brushing, the teeth will need to be brushed more often to help restore gum health.



Use a soft-bristled baby toothbrush with fluoride toothpaste, in the amount comparable to a grain of rice.



Help your child develop good brushing habits

- Children love to imitate us. When your child sees you brushing your teeth, her or she will want to do the same.
- Until the age of 8 years, you must finish brushing your child's teeth because children do not have the dexterity to reach all surfaces (especially towards the back of the mouth).

Lifting the lip

Once a month, lift the baby's upper lip to detect the presence of any spots on the front of the teeth, near the gum-line. If you see any brown or white spots, this could be the start of a cavity.

Consult your DENTIST or your DENTAL HYGIENIST.

The first visit to the dentist should take place at one year of age.

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