

# Healthy Smiles for Mom and Me!

## New Baby



Wow! You have a new baby!



Your bundle of joy is now in your arms...along with a bag full of everything you can imagine!

You have a lot of things to remember:

- ◆ breastfeeding
- ◆ regular Dr. visits for you and baby
- ◆ Put baby to sleep on back
- ◆ support your baby's head
- ◆ what does that cry mean?
- ◆ safety
- ◆ oral health

### Oral Health?!

Yes, it is important to take care of your baby's mouth even before he has any teeth. You also need to keep your own mouth healthy, especially now — did you know that the germs that cause decay are infectious, and can be shared from your mouth to your baby's?

Flip this card over for tips about caring for your mouth and your baby's mouth.

Anderson Center for Dental Care  
858-576-1700 x 3745





## Feeding Time!

Breast milk is best, for at least the first six months if possible.

Hold your baby while feeding her breast milk or formula from a bottle.

Wait until baby is 6 months old before giving him juice, and then only 4-6 ounces per day of 100% juice, in a cup not a bottle.

## Bedtime

Never put baby to bed with a bottle filled with anything other than water! If possible, don't put baby to bed with a bottle at all.



## The ABCs of Baby's Mouth

Clean baby's gums with a soft, moist cloth—or a toothbrush with soft bristles and small head made for babies—after every feeding.

Germs can pass from your mouth to baby's, so never use your mouth or saliva to test baby's food or clean the spoon or pacifier or...

## Don't forget your mouth, Mom!

Continue brushing (twice a day) and flossing (before bed) and going to the dentist.

Eat healthy foods; limit sweets and sugary drinks to mealtimes only.



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