

Lift The Lip – Every Month

A brief overview for at-home care and dental visits



Lift your baby's lip to look for early cavities. Early cavities are chalky white spots on the tooth near the gum line. Schedule an appointment with the dentist, if there are any signs of cavities.

What you should be looking for:



Teeth have no cavities

Chalky white lines at the gum line. Early Cavities can be healed

Teeth look like they are melting or chipping.

Teeth are black or brown in color; may be chipped or broken

Caring for your baby's mouth

- Soon after your baby is born, begin wiping your baby's gums daily with a clean, wet washcloth.
- Never put your baby to bed with a bottle.
- Once teeth come in, brush your baby's teeth with a rice-sized amount of fluoride toothpaste.
- Avoid sharing utensils with your baby. Don't clean your baby's pacifier in your mouth. Germs that spread from your mouth to your baby's cause cavities.
- Avoid feeding your baby foods and drinks that contain sugar. Don't give your baby juice. A piece of fruit is better.
- Wean your baby from the bottle by 12-14 months.
- At well-baby visits, ask your doctor about your baby's oral health and fluoride varnish.
- Take your baby to their first dental visit by age 1.

