

# Healthy Mouth Healthy Body

*Building Healthy Behaviors  
from Birth*



CARE FOR  
MOUTH



EAT  
HEALTHY



ENCOURAGE  
MOVEMENT



AVOID  
SCREEN TIME

*Start practicing healthy behaviors with your baby early. The choices you make for your baby today can help create a happy and healthy child tomorrow.*

## ***Ask your dentist***

***To help you make healthy choices!***

[www.health.maryland.gov/oral-health](http://www.health.maryland.gov/oral-health)

# Tips for creating a healthy start for your baby.



## Care for mouth

- Begin caring for baby's mouth soon after birth.
- Use water, formula, or breast milk in baby's bottle. Do not add sugar to water or formula. No sugary beverages such as sodas, juices, or sports drinks.
- Wipe baby's gums after feeding and before bed with a clean, wet cloth.
- Once teeth come in, brush twice a day with a rice-sized amount of toothpaste.
- Take baby for first dental visit by age one.



## Eat healthy

- Always give baby non-sugary drinks in their bottle, like water, formula, or milk.
- Choose nutritious food. Talk to baby's pediatrician about foods that are best.
- Be aware of right portion size for baby's development.
- Don't use food or drinks to get baby to stop crying or fussing.



## Encourage movement

- Take part in baby's physical development.
- Get down on the floor at baby's level.
- Create opportunities for baby to crawl and explore safely.



## Avoid screen time

- Create opportunities to engage with baby: sing, read, and interact with baby.
- Don't use phones, tablets, or screens to engage baby or to get them to stop crying or fussing. Your baby wants your attention - give it to them.

*Your baby learns by watching everything you do. Set an example early. Building healthy behaviors from birth can create a happy and healthy future for your child.*

---

## Healthy Mouth, Healthy Body

### Building Healthy Behaviors from Birth

Brought to you by the Maryland Department of Health Office of Oral Health.

