

Dentist by One



Doctors and dentists recommend you take your baby to the dentist before their first birthday.



1. Clean your baby's gums with a damp washcloth after eating and drinking. Use a soft toothbrush and water to brush your baby's teeth and gums in soft gentle circles two times a day.



2. Don't let your baby fall asleep with a bottle of milk or a sugary drink at nap time or at night.



3. Give your child water instead of sugary drinks.



4. Don't share forks, spoons or food. This prevents germs that cause cavities from spreading to your baby.



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HDS Foundation
Hawaii Dental Service

