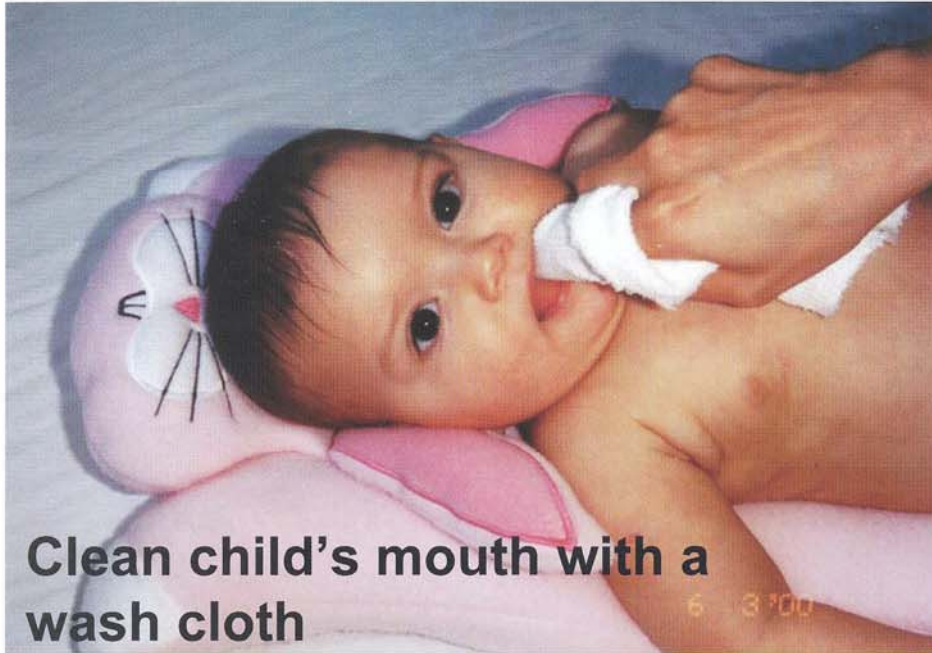


# Basic Oral Health

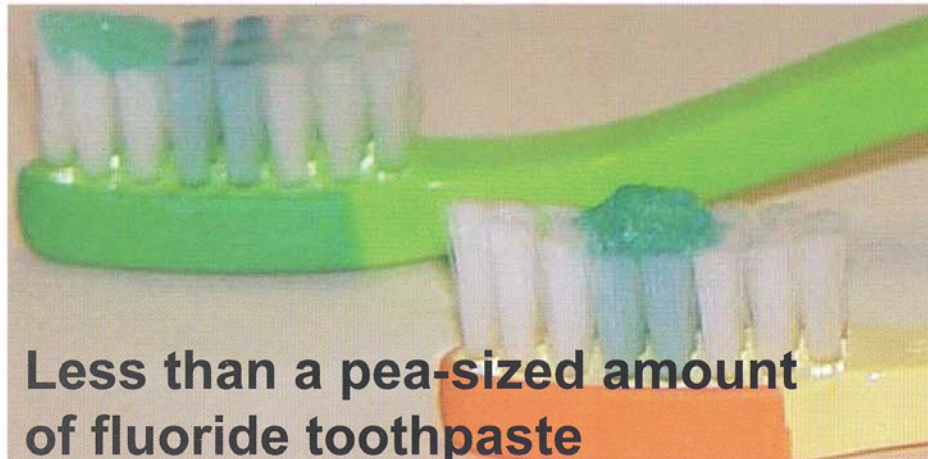
## Birth – One Year



**Clean child's mouth with a wash cloth**



**Brush child's teeth with fluoride toothpaste**



**Less than a pea-sized amount of fluoride toothpaste**



**Check child's teeth for changes**

1. Place baby's head in your lap to clean teeth.
2. Clean child's mouth since birth with a wash cloth (bath time is a great time to start this oral habit for both mom and child).
3. As soon as baby teeth appear begin brushing with a small amount (less than a pea-size) of fluoride toothpaste.
4. Check child's teeth frequently for changes.