Oral Health for Infants

To give your baby a good start in life, you know you need to feed your baby healthy foods. Did you know starting oral health care as soon as the first tooth comes in is important? Babies need healthy teeth to chew, speak and to make room for adult teeth.

Tips for keeping your baby's teeth and gums healthy:

● Clean your baby's gums after every feeding, even before the first tooth comes in

● When your baby gets the first tooth, brush twice a day with smear of fluoride toothpaste

● Use a soft bristled toothbrush

● Brush the front and back of the teeth

● Do not dip pacifiers in sweet foods like honey, sugar or syrup

● Schedule the first dental appointment before your child's first birthday

Your baby will get starting getting their first tooth around 6 months of age. All baby teeth are typically in by the age of two. Baby teeth start to loosen around age 6 to make room for permanent teeth. The sooner you teach your baby good oral health, the easier it will be to continue good oral health care as they grow.

Baby bottle tooth decay is a serious problem. Don't put your baby to bed with a bottle of formula, milk or juice.

In 2014, the Macomb County Health Department recognized a growing need to draw support from all community groups to advocate for better oral health in the community. Consequently in 2015, the Macomb County Oral Health coalition (MCOHC) was launched. The coalition membership includes representatives from more than a dozen organizations working collaboratively to promote oral health in Macomb County.

Vision:
All Macomb County residents have access to quality and affordable oral health services and oral health is integrated into their overall health and well-being.

Mission:
The mission of the Macomb Oral Health Coalition is to improve oral health of all people in Macomb County.

Learn more and find oral health resources:
health.macombgov.org/health-OralHealthCoalition
586-463-1254

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