

Breastfeeding is a wonderful gift for both you and your baby.



Breastfeeding helps your baby develop strong teeth and jaws. Babies who are breastfed are less likely to have speech problems, dental problems, or need braces later on.

Other ways to help your baby have healthy teeth and bones:

- Clean your baby's gums or teeth each day with a soft, clean cloth.
- After your baby is a year old, help brush his teeth at least twice daily. Try to brush his teeth after every meal. At age 1, he is ready for his first dental checkup.
- After your child is 3 years old, use a small amount of toothpaste with fluoride when he brushes his teeth.
- Limit your child's intake of sweets, juice, and sweetened drinks.

Card #10-----Fold in half with text facing out, and glue or staple page together-----



Good Dental Habits Begin With Breastfeeding

Breastfeeding your baby is the first step in preventing dental problems.

Breastfed babies have to work harder to milk the breast than bottle-fed babies. This helps build strong teeth and jaws. Because the breastfed baby has stronger bone and jaw development, he is more likely to speak clearly.

One of the conveniences of breastfeeding is taking your baby to bed with you at night. That way, when he wakes up, you can nurse him without getting out of bed. Breastfed babies are at lower risk for tooth decay than bottle-fed babies. But remember, letting any milk pool in your baby's mouth can over time cause tooth decay. When your baby nurses in bed with you, take him off the breast when he finishes nursing.