

# How To Look After Your Baby's First Teeth And Their Gums

Like their first steps, first words and first giggle, the arrival of your child's first teeth (commonly known as milk teeth) is an exciting period of their healthy growth and development.

Just as you floss and brush your own teeth twice a day, it's important to maintain good oral hygiene habits with your baby from a young age.

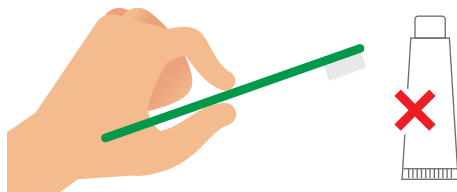
It's recommended that you start brushing your little one's teeth as soon as their first pearly white pushes through their gum. Use the following steps as a guide to looking after their dental hygiene.



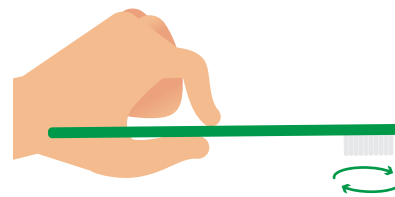
- 1** Before your little one's first tooth erupts, you may like to get your child used to teeth cleaning by **wiping their gums with a soft cloth twice a day.**



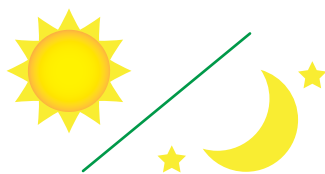
- 5** **Cup your baby's chin softly** but firmly in your hands, while their head is resting against your body.



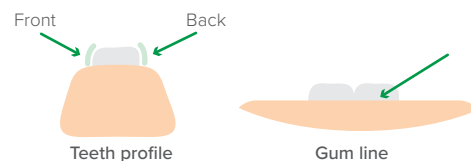
- 2** Once their milk teeth have begun breaking through, transition to **using a soft children's toothbrush (without toothpaste)** until they are 18 months old.



- 6** Lift your baby's lip to reveal their teeth. Then use the soft brush and water to **make small, circular motions.**



- 3** Clean your child's teeth in the morning **after breakfast** and in the evening **before bed.**



- 7** Pay careful attention to cleaning the front and back of each tooth as well as the gum line.

- 4** **Position your baby** so that you can easily see the inside of their mouth in a hold that feels secure. In some cases, it may help to sit on a bed or the floor with your baby lying in your lap.

- !** Remember, the Australian Dental Association recommends that your baby should **visit the dentist** for the first time **when their first tooth appears** or **once they are 12 months old** (whichever comes first).