



**DID YOU
KNOW?**

SHARING UTENSILS CAN GIVE YOUR BABY CAVITIES

Plaque-causing bacteria in your mouth can transfer easily to your baby's mouth, so it's best to avoid sharing utensils. Likewise, don't clean your baby's soother in your mouth. Keep your mouth healthy by brushing your teeth thoroughly twice a day. Clean your baby's mouth twice a day, too.

Book your baby's first dental visit within six months of them getting their first tooth, or by age one.

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