Healthy moms KNOW for healthy babies to GROW she must keep her teeth CLEAN and the spaces BETWEEN

When you keep your mouth healthy your baby will be healthier too. You can pass germs to your baby's mouth that may cause cavities when your baby's teeth come in. Follow these tips to protect your baby's sweet smile!

Healthy Tips for NICU Babies and Moms

- Visit a dentist while pregnant to keep your mouth healthy. Keep seeing your dentist for a check up every six months.
- Brush your teeth two times every day.
- Floss between your teeth every day.
- Wash your hands and baby’s hands
- Wash bottles and feeding tubes
- Clean your baby with a soft cloth and warm water
- Wipe baby’s mouth at least two times a day (Even if tube feeding.)
- Take your baby to the dentist before their first birthday.

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Get more information at AmericasToothFairy.org