

# After feeding, wipe those gums!

## 0-6 months

*Start wiping the gums even before the first tooth comes in.*



- Put your baby to bed without a bottle in their mouth.
- Gently wipe your baby's gums with a washcloth or a finger toothbrush after every feeding.
- To ease teething pain, use a clean, cold teething ring, or apply a cold, wet washcloth.
- To keep cavity-causing germs out of your baby's mouth, clean pacifiers, utensils, teething rings, and baby-bottle nipples in soap and hot water, a bottle warmer, or a dishwasher after each use and whenever they get dirty. Parents and caregivers should avoid putting these items in their mouths. This can pass cavity-causing germs to your baby's mouth.