

# How to Avoid Cavities in Babies?

Being a parent is tough and there is so much to learn! We know it can be overwhelming, and while we don't have all the answers, we can help you take care of your baby's teeth!

[Cavities](#)

Updated On: November 27, 2024



You've just brought home your new little bundle of joy and you are beaming with love and pride as you look into the tiny face of the newest member of your family. You whisper to them that you will protect them and take care of them no matter what. These precious moments are some of the happiest of a new parent's life.

Eventually, reality starts to set in. Being a parent is tough and there is so much to learn! We know it can be overwhelming, and while we don't have all the answers, we **can** help you take care of your baby's teeth!

As board-certified **Idaho Falls pediatric dentists** and **Pocatello pediatric dentists**, you can count on Just 4 kiDDS Dentistry for Children to answer all of your questions about your baby's teeth and gums.

## Cavities are Caused by Bacteria

**Tooth decay** in babies happens when their mouth becomes infected by acid-producing bacteria. This bacteria can be passed from adult to child through saliva. Any time you share a utensil with them or taste test their food beforehand, you are passing this bacteria on to your baby.

Bacteria can also develop when a baby's teeth or gums are exposed to any liquid other than water often throughout the day or for extended periods of time.

## Cavities are Preventable

Even if your baby is exposed to acid-producing bacteria, there are ways to prevent cavities from forming. Here are our top tips for taking care of your baby's teeth and gums:

1. **Clean Gums- 0-12 Months:** Gently clean your baby's gums after each feeding using a soft baby washcloth.
2. **Brush Teeth- 12-36 Months:** Once your child's first tooth erupts (this can happen before 12 months), begin gently brushing their teeth twice a day for two minutes using a soft baby toothbrush and a teeny amount of toothpaste (size of a rice grain).
3. **Limit sweet or sticky foods/drinks:** Sugary drinks like fruit flavored beverages should be avoided.


- as they can increase the chances of tooth decay. Milk should be limited only to meal times.
4. **Limit bottle or sippy cup usage to meal time:** Prolonged exposure to the sugars in breast milk or formula can cause acid-producing bacteria to grow. Make sure to remove your baby's bottle from their mouth before they fall asleep and clean their teeth after each feeding. If your child insists on using a sippy cup throughout the day, only put water in it.
  5. **Wean off of bottle and sippy cup:** Bottles and sippy cups cause liquid to collect around a baby's teeth. Try to wean your baby off of using a bottle by 12-18 months and teach them to drink from a regular cup by 12-15 months.

## Schedule an appointment with us:

Babies should be seen by their pediatric dentist before turning 1. **Schedule an appointment with Just 4 kiDDS Dentistry For Children** sooner rather than later! Our doctors can apply a fluoride varnish to protect your baby's teeth and make sure that everything looks healthy.

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Hours

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