



Baby Oral Care Basics

Everything you need to know

As educators, we're in a unique position to notice what others might miss!

Whether you're in a babies room or working with toddlers and pre-kindergarten children, or even for carers, these practical tips, fun facts and expert insights will help you play a vital role in supporting healthy habits from the start!

Healthy mouths lead to healthy minds and bodies, and early education plays a powerful part in that journey!



01

When should a child start drinking from cup?

6 months

Drinking from cups encourages facial muscle functions development which helps with speech and swallowing as well as reduces risk of tooth decay.

02

Is teeth grinding normal?



No While grinding is common, it definitely is not normal.

If your child grinds teeth during sleep, you might want to monitor if they also snore, mouth breathe or audible breathing. These are some of the signs of sleep and breathing disorders in children.

03

Did You Know?

Tooth decay is **NOT** just about cavities?

It's a complex issue with multiple factors at play!

Mouth breathing which alters the oral environment

Incorrect oral hygiene techniques which can damage gums and enamel

Diet high in processed carbs which feed acid-producing bacteria

Frequent snacking which exposes teeth to constant sugar attacks

Imbalance in the oral microbiome where bad bacteria outweighs the good

Nutritional deficiencies which can weaken tooth enamel and gums

This free resource is developed in partnership with Dental on Wheels

