

# Breastfeeding Monthly

## Breastfeeding and Baby's Teeth

### Why should I Breastfeed?:

It is natural and the most nutritious.  
Helps your baby develop stronger jaw muscles and properly positioned teeth.  
Health Canada recommends exclusive breastfeeding for the first 6 months and continued breastfeeding with appropriate complementary foods, up to 2 years and beyond.



*Tooth decay is common in kids: 40% of kids will have tooth decay by school age.  
**THE GOOD NEWS**—most tooth decay can be stopped!*

New research shows breastfeeding lowers the risk of tooth decay. Most babies breastfeed at night. Night feedings are important for the baby to get enough food. Breastfeeding alone does not cause tooth decay. Some kids get tooth decay, it is not because they breastfeed.

### To Protect Your Baby's Teeth:

- Take care of your own mouth. You can pass on bacteria to your baby.
- Give your breastfed baby Vitamin D daily to help develop strong teeth.
- While your baby is young, wipe baby's gums with a clean and damp cloth.
- When your baby's teeth come in, begin cleaning them twice a day.
- Buy your baby a toothbrush.
- When baby starts eating and drinking other foods, give water.
- Avoid giving your baby/toddler high sugary foods and drinks.

**For more information contact your health care provider, Lactation Consultant, Public Health Nurse  
And/or Health Links 1-888-315-9257**

[www.prairemountainhealth.ca](http://www.prairemountainhealth.ca)