

Cleaning Baby's Mouth

Did you know?

Wiping baby's gums and tongue helps you and baby get comfortable with having his mouth (and later his teeth) cleaned. When you clean baby's mouth, you can also check to see if baby has gotten new teeth.

To Clean Baby's Mouth:

Wrap a clean, damp washcloth around your finger. While stabilizing baby's head, gently wipe the gums (top and bottom) on both the cheek and tongue sides of his mouth. Finish by wiping the tongue. It may take a couple of times for the two of you to get comfortable. Don't worry if baby cries. Cleaning baby's mouth does not hurt him.



Take the Healthy Mouth Challenge!

I will:

- Practice cleaning my baby's gums and tongue every day so we both get comfortable with it.
- Clean my baby's gums and tongue twice a day.

