



We are expecting.... Our first baby tooth!



When a tooth can be seen above the gum, it's time to begin caring for it. Common signs of teething include increased drooling, irritability, gum swelling, and a desire to chew on objects.



For teething discomfort try...

- Offer chilled (not frozen) teething rings or a clean, damp washcloth for your baby to chew on
- Gently massage your baby's gums
- Distract your baby with affection, playtime, or a soothing bath

Take care of baby teeth by...

- Wipe with a wet gauze pad, or brush with infant toothbrush with a rice size smear of toothpaste twice daily
- Ask your pediatrician about applying fluoride varnish at your next well-child visit to help prevent cavities
- Schedule your baby's first dental visit



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CHOKING PREVENTION

Choking happens when something blocks an airway and prevents someone from breathing. **Babies explore the world with their mouths**, are learning to chew and swallow, and often put objects in their mouths to soothe the discomfort of teething. **Teethers can be especially vulnerable** to choking.



PREVENT CHOKING BY:

- Watch your child while they eat and play
- Regularly check the floor for small objects
- Cut food into tiny pieces
- Make sure toys do not have detachable parts
- Keep their sleep space clear of any loose items





TOOTHPASTE IS NOT FOOD

To keep your child's smile healthy for a lifetime fluoridated toothpaste is still the standard for daily use. It is important to know how much toothpaste to use for a child's age and make sure the toothpaste is stored away in between use. Children's toothpaste often has yummy flavors and can be tempting to children.



Ways to prevent over-ingestion of toothpaste:

- Store toothpaste out of reach, such as a high cabinet
- Continue to put toothpaste on the toothbrush for your child through at least the age of six

If you are concerned about your child ingesting too much toothpaste (considered by most resources to be one tablespoon or more), you can contact poison control at 1-800-222-1222.

HOW MUCH TOOTHPASTE?



My baby teeth are coming in!

- Rice size smear of toothpaste

Child is expected to swallow this



My baby teeth are all here!

- First teach your child how to spit then go up to a pea-sized amount of toothpaste





Toothfairy Tools

Get kids excited to learn about their dental health with these **free online resources** from the Toothfairy and her friends:



Local



Educational videos and printables for the family

Thank you for your support...
Norton Children's Hospital Foundation
The Louisville Water Company
The Louisville Zoo
Pediatric Dental Group of Louisville
Mortenson Family Dental
Upbeat Louisville



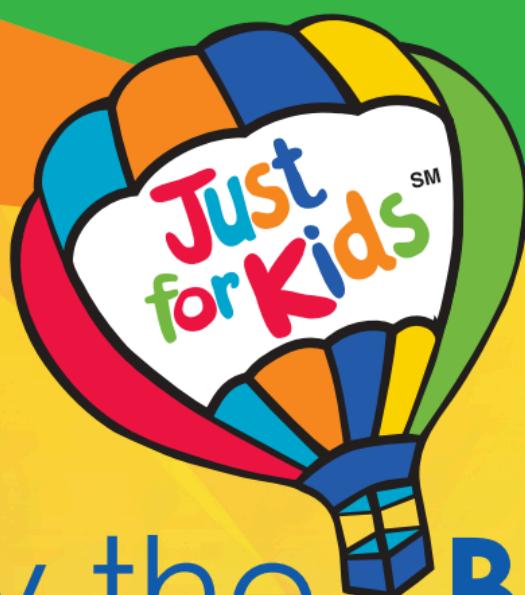
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National



Collection of 30 hands-on activities, videos, and books to read about oral health





Follow the **BALLOON**

Virtual listening session

Tuesday, Feb. 17, 2026 • 7 p.m.

Norton Children's is hosting an interactive virtual community listening session to give you an opportunity to learn more about our future campus, ask questions and share ideas that will directly impact planning, design and services.

The campus will serve families from across the region with the goal of becoming a national destination for pediatric care. A key focus will be addressing the mental health needs of children and teens, along with comprehensive medical care.



Registration is required to receive the Zoom meeting link. To register, scan the **QR code**. For more information or to take an online survey, visit NortonChildrens.com/New-Campus.



8 OUT OF 10 CAR SEATS ARE NOT USED OR NOT INSTALLED THE CORRECT WAY

Norton Children's Prevention and Wellness can give expert care and advice to families to make sure their car seat is safe and works properly in the case of a car crash.



SCHEDULE YOUR FREE APPOINTMENT WITH NORTON CHILDREN'S PREVENTION AND WELLNESS:

- Scan the QR code below
- Call 502-629-7358
- Email us at: NCPW@nortonhealthcare.org




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CLASSES AND EVENTS

SAFE BABY

February 12th - virtual

March 12th - virtual



SAFE GRANDPARENTS

February 19th - Norton West Hospital

March 24th - virtual

NOT ON TOBACCO

March 3rd - Western Library, Louisville Free Public Library

SAFE SITTER

March 23rd - Norton King's Daughters Health (Madison, IN)

SAFE KIDS, SAFE STORAGE

March 23rd - virtual

TO REGISTER FOR A CLASS SCAN THE QR CODE.
YOU CAN ALSO REGISTER ONLINE AT:
WWW.NORTONCHILDRENS.COM/PREVENTION

