

FOUR STEPS TO CLEANING A BABY'S MOUTH



1. Place the baby comfortably down on the changing table or in the arms of the parent. The important thing is to make sure to see inside the child's mouth.
2. Wet a clean facecloth with water from the tap and wrap it around your finger (pinkie for newborns).
3. Wipe the upper gums along the arch with one part of the facecloth, then wipe the lower arch with another part of the facecloth.
4. Finish by gently wiping the baby's tongue.

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TIPS FOR CORRECTLY USING THE PACIFIER



- Wait until breastfeeding is well established before introducing a pacifier.
- Choose a pacifier adapted to the size of the baby's mouth.

USE THE PACIFIER SPARINGLY TO:

- ✓ Satisfy a baby's need to suck between feedings
- ✓ Calm a crying baby
- ✓ Ensure proper development of face and mouth
- ✓ Allow for correct positioning of the teeth
- ✓ Avoid speech delay in children.

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