

Things you need to know about breastfeeding and babies teeth

Breastfeeding does not cause cavities as the milk is drawn to the back of the baby's mouth and swallowed.

Before your baby's teeth come through, gently clean their gums with water and a soft cloth.

Breast milk contains lactoferrin which kills the bacteria which causes tooth decay.

Once your child starts taking solid foods, ensure teeth are cleaned well before bedtime as breastmilk combined with sugar is worse than sugar alone.

Although breastfed children can get cavities, it tends to be foods that cause the decay.

If you breastfeed your child they are **LESS** likely to develop an abnormal roof to their mouth.

The development of a babies tongue is really important because it helps to form the shape of their face and their airway.

Breastfed children are **MORE** likely to have straight teeth, which means they are less likely to need braces as they grow up.

This means they are **LESS** likely to suffer cot death as a baby and can reduce the likelihood of sleep apnoea (stopping of breathing for a short time during sleep) as they get older.



If you breastfeed your baby rather than bottle feed them for more than 6 months, they are **LESS** likely to develop crooked teeth.

Over bite



Cross bite



Open bite

