



THE IMPORTANCE OF YOUR YOUNG CHILD'S ORAL HEALTH

At DentaQuest, we know it's important to start good oral health at an early age. That is why we put together this guide for you.

0-6 Months

Baby's first teeth usually come in at about 6 months. Baby teeth are very important. Now is the time to start a good oral health routine at home.

- Use a washcloth with a little water to clean your baby's gums.
- When your baby starts to get teeth start using an infant toothbrush. Brush your baby's teeth twice a day using a rice grain size or smear of fluoride toothpaste.
- Do not put your baby to bed with a bottle. Try a warm bath or rocking them to sleep.
- When your baby gets their first tooth, make an appointment for them to see the dentist.

7-11 Months

During this time your baby will keep getting their upper and lower front teeth.

- Avoid giving your baby sugary drinks including juice unless directed to do so by your baby's doctor.
- Avoid sharing spoons, forks, and cups. Germs that cause tooth decay can be passed from you to your baby. Clean pacifiers and bottles with warm soapy water.
- Tooth decay can happen as soon as teeth start to show. Check your baby's teeth often. Baby teeth should be white and all one color. If you see dark spots or stains make an appointment with your dentist right away.

12-24 Months

First molars and canine teeth will start to show during this time. As your baby eats more food feed them from the five major food groups:

1. Breads and cereals containing whole grains
2. Fruits
3. Vegetables including beans
4. Lean meats like turkey, chicken, and fish
5. Milk, cheese, eggs, and yogurt

To lower your baby's risk of tooth decay switch your baby from a bottle to an open or lidded cup (not spill proof or valved) when 12 months old. Your baby should have their first dental visit no later than 12 months old. If you have not scheduled their first dental visit, do so now. Keep brushing twice a day. Baby teeth are important! Baby teeth hold space in your child's mouth as they grow, help your child to eat and speak. Baby teeth also give them a beautiful smile.

Your Baby's First Dental Visit

Visiting the dentist with your baby for the first time does not have to be stressful. Knowing what will happen can make the visit easier. Your dentist may begin by asking about family (parents & siblings) medical and dental history. Your dentist may also ask about eating habits and nutrition. Next, they may check your baby's teeth and apply a fluoride treatment. This is a good time to ask any questions you may have. Your dentist can offer tips on teething, thumb sucking, and home care.

