When to see the Dentist

- First visit by first birthday
- Early exams will protect your child’s future dental health.

How to Care For Your Child’s Teeth

How do I protect my child’s teeth?

- Brush with fluoride toothpaste at least one time a day. Use a pea size dose of toothpaste on the brush.
- Regular dental exams
- Healthy foods
- Formula and water only from the bottle and sippy cup.
- Wean your baby from the bottle at 12 months of age
- Dental varnish - usually provided between ages birth to 6 years and older.

How Can I Keep My Child’s Teeth Healthy?

- Start Cleaning your child’s gums at birth with a damp wash cloth or gauze pad and water.
- Children are not able to do a good job brushing their teeth until about age 5. It is important for a parent to help until then.
- Consider dental sealants at age 6 and older.
- Parents/caregivers need to keep a clean mouth to not pass along germs

Children with Healthy Teeth:

- Are able to chew food more easily
- Learn to speak more clearly
- Smile with confidence
- Learn in school due to no dental pain