



Get it Done in Year One

The American Academy of Pediatric Dentistry recommends that your child see a pediatric dentist when their first tooth erupts, and no later than their first birthday to receive an exam and begin preventative care to start them on the road towards a life-long healthy smile.

Healthy Smile = Happy Child!

Anyone with teeth can get cavities – even babies! Left untreated, baby teeth with decay can cause pain, infection and serious complications. On average, baby teeth do not finish falling out until around 13 years old. Healthy baby teeth are important for proper form, development and function. They also save space for the proper permanent tooth to erupt into.

Sip Smart

Pro Tip for Preventing Baby Bottle Rot: Never let your little one fall asleep with anything in their bottle other than water. Drinks containing sugars such as chocolate-milk or juice should be limited to 4 ounces per day and given with a meal. Avoid putting juice in a bottle or sippy cup.

Brush Together, Brush Better

As soon as teeth erupt, they should be brushed twice a day with fluoride toothpaste. Only a "smear" of toothpaste is recommended for babies, as they cannot spit on their own. Children should be assisted when brushing in order to develop proper technique and ensure all surfaces are cleaned. Toothbrush bristles cannot reach in between teeth, so teeth that are touching need to be flossed to clean out food and bacteria.

Teething Blues

Signs of teething can include difficulty sleeping, decreased appetite and increased drooling. You can relieve discomfort with frozen teething toys or by gently massaging the gums with a cold wet washcloth. The comfort of nursing can also reduce the pain of teething. Tylenol may help soothe tender gums before bedtime.

