



TOOTH TIPS FOR 0-5 YEAR OLDS'

1. When should the first dental visit be?

- By baby's first tooth or by the 1st birthday.
- Expect discussion about how to care for baby's teeth and a time to answer any questions you may have, a cleaning using a toothbrush and floss and application of fluoride varnish (sticky material that helps protect against cavities).

2. How should I care for my baby's gums and teeth?

- **Gums** - use a soft cloth or an infant toothbrush to wipe the gums during bath time. This helps baby get ready for brushing teeth when the time comes!
- **Teeth** - As soon as the first tooth erupts, start brushing with an infant toothbrush and a tiny smear of fluoridated toothpaste.



Smear
Ages less than 2 years



Pea-size
Age 2 to 5 years



Regular
Age more than 5 years

3. What should I do for teething?

- Give your baby a firm teething ring (avoid liquid filled rings or rings that can break in baby's mouth) or a cool, wet washcloth to relieve discomfort/pain. Use a bottle filled with water if it helps (no milk, juice, etc.). No need to give your baby gels that are meant to relieve because it washes out within minutes!

4. Are pacifiers and bottles ok to use?

- In the first year, bottles are fine to use; however, when putting your child to sleep at night, only WATER should be placed in the bottle. Milk, formula and juice can all cause cavities on the new teeth! By the first birthday, you should make the switch to sippy cups. If you give your baby a pacifier, never dip it in anything sweet! Most children stop the pacifier habit on their own - if your child is still using the pacifier by age 2, start trying to discontinue!

5. When should teeth erupt?

- Every child is different but the front tooth starts to erupt as early as 5-6 months of age. If your child doesn't have teeth at this point, it's ok! Your child should have all baby teeth (20 total) by the time they are 2.5 years old.

**** PLEASE SCHEDULE THE FIRST DENTAL VISIT BY AGE 1!****