



Pediatric Dentistry & Family Orthodontics

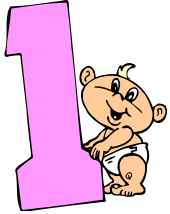
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Dental Care for Your Baby



- i. SCHEDULE 1ST DENTAL VISIT BY 6 MONTHS OR ONE YEAR OF AGE!
- ii. Do **NOT** let your baby fall asleep while nursing OR with a bottle / sippy cup containing anything other than water.
- iii. Wipe your baby's mouth after feeding with a wet cloth.
- iv. As soon as teeth are present, start brushing your child's teeth with a soft toothbrush and a small amount of toothpaste without fluoride twice a day.
- v. At 2 years old, brush with a thin smear of toothpaste with fluoride, twice a day.
- vi. Dental decay is an infectious disease. Avoid sharing your child's food or cleaning pacifiers with your mouth.
- vii. Your baby does NOT need more than 4 ounces of juice in a day. Dilute with water and offer with meals and snacks only. Encourage fruits and vegetables.
- viii. If you do decide on occasion to give milk or juice between meals, be sure to use a regular cup (not a sippy cup or bottle). ***Between meals, only water should be in sippy cups.***
- ix. Teething occurs from six months to age 3 and it may cause sore gums. A clean teething ring, cool spoon, cold wet washcloth or chilled ring may provide good relief for your baby.
- x. Thumb sucking is normal for infants, but this can cause long-term changes in jaw growth if it continues after the first 3 years. Prolonged thumb sucking can create crowded, crooked teeth, or bite problems. Positive reinforcement can be used to help discontinue the habit before the changes are irreversible and require orthodontic intervention to correct.



We invite you to take advantage of our FREE WELL VISIT for your one-year old child!

