

Baby's first visit to the dentist

Before the visit:

- ☞ Make the appointment at a time when your baby will be well rested and more cooperative.
- ☞ Talk with your child positively about visiting the dentist and keep any anxiety or concerns you have to yourself — your baby may pick up on negative emotions.

During this visit, you can expect the dentist or hygienist to:

- ☞ Inspect for oral injuries, cavities, or other problems.
- ☞ Let you know if your child is at risk of developing tooth decay.
- ☞ Clean your child's teeth and provide tips for daily care.
- ☞ Discuss teething, pacifier use, or finger and thumb sucking habits.
- ☞ Discuss treatment, if needed, and schedule the next check-up.

Brush your baby's teeth

*twice a day
using a rice-
sized smear of
fluoride*



*toothpaste on a soft bristled
baby-sized toothbrush*

NH Oral Health Coalition
4 Park St., Suite 212
Concord, NH 03301
(603) 415-5550
nhoralhealth.org



Find a pediatric dentist near you by searching on the American Academy of Pediatric Dentistry (AAPD) website at aapd.org.



Find a dentist for you baby who takes NH Medicaid by searching on insurekidsnow.org.



If you want to learn more about oral health and how to take care of your baby's teeth, visit the National Maternal and Child Oral Health Resource Center at mchoralhealth.org

FUNDING FOR THIS BROCHURE WAS PROVIDED
BY A GRANT FROM NORTHEAST DELTA DENTAL

Caring for your baby's teeth

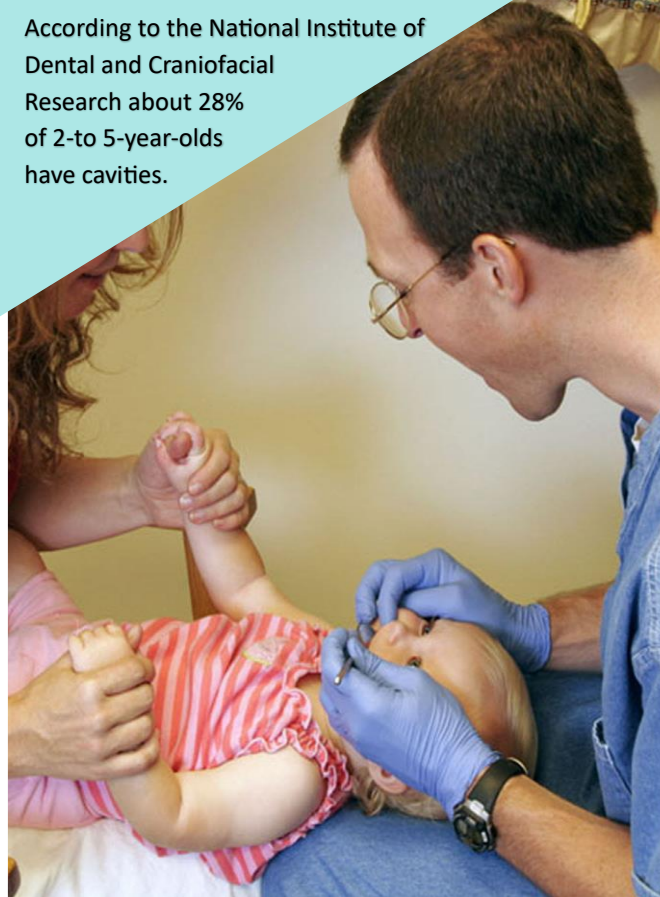
Protect your baby's tiny teeth

- 🦷 Clean baby's teeth and gums every day, with a soft cloth and water especially after feedings and before bed.
- 🦷 Put only plain water, formula, milk, or breast milk in bottles.
- 🦷 Never put your baby to bed with a bottle. Breast milk or formula can still decay teeth.
- 🦷 Use clean pacifiers. Don't clean a pacifier with your own mouth and don't dip them in sugar or honey.
- 🦷 As baby grows, start using a regular cup (not sippy or no-spill cups) with breast milk or formula around 6 months of age.
- 🦷 Start brushing as soon as the first tooth appears. Use a smear of toothpaste, the size of a grain of rice, on a baby toothbrush and gently rub it back and forth on the surface of the tooth and along the gum line.
- 🦷 Juice is not recommended by the American Academy of Pediatrics for children under age 1.
- 🦷 Offer healthy snacks 2 or 3 times a day.
- 🦷 Cavities are contagious. Cavity-producing bacteria usually *Streptococcus Mutans* cause cavities. These bacteria can be passed from parent and caregiver to the child.
- 🦷 Parents and caregivers should keep their mouth healthy and clean to prevent the spread of cavity-causing germs. Try not to share eating utensils with your baby.

Plan baby's first dental visit by age 1

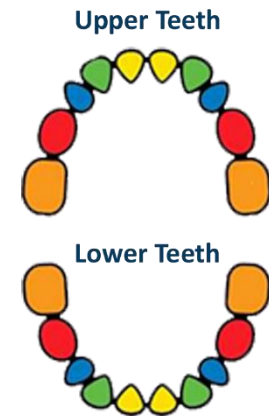
The first visit is mainly for the dentist to examine your child's mouth and to check growth and development and to prevent dental problems. Infants may only have one or two teeth by age one, but these tiny teeth are still susceptible to cavities.

According to the National Institute of Dental and Craniofacial Research about 28% of 2-to 5-year-olds have cavities.



Don't worry that your little one may cry, won't sit still, or open his or her mouth, this is normal. The dental team understands that this is a new experience for your baby.

Did you know that your baby is born with 20 primary or "baby" teeth present in their jaw? Your baby's primary teeth will push through the gums (erupt) at around 4 to 6 months of age. Typically, the lower central incisors are first, then the upper central incisors. The remainder of the 20 primary teeth typically erupt by age 3, but the place and order varies. Children typically begin "shedding" or "losing" their primary teeth at the age of 6 years



Upper Teeth	Come in	Fall out
Central Incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

Lower Teeth	Come in	Fall out
Central Incisor	6-10 mos.	6-7 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Second molar	23-31 mos.	10-12 yrs.