



## Happy Visit

Welcome to Tooth Docs! We are so happy you and your toddler are here. We start with all children under 2 years of age with “happy visits.” Sometimes this is only a quick peek to get your child comfortable with being in a dental office. Eventually we’ll work up to a dental cleaning and x-rays, depending on your child’s comfort and dental needs. If your child’s dental needs are more advanced we will refer your child to a pediatric specialist to better help your child’s oral health. It is important to us that every child has a great dental experience in our office.

**NO TEETH YET?** Use a warm washcloth to wipe away bacteria from your baby’s gums and get him/her used to having their mouth cleaned.

Even babies can get cavities if good feeding habits are not practiced. Putting a baby to sleep with a bottle might be convenient, but can harm your baby’s teeth. When sugars from juice or milk remain on your baby’s teeth for hours, it can eat away the enamel, creating a condition known as bottle mouth or bottle rot. Pitted or discoloration on front teeth are a sign of bottle mouth. In some severe cases can result in the need to pull all of the front teeth until your permanent teeth grow in to not cause harm to your child’s adult teeth or have your child have infection/pain with their baby teeth. Never let your child fall asleep with a bottle in his/her mouth. Set specific times for drinking, because constant sucking on a bottle throughout the day can be equally damaging. Can breastfeed babies still get cavities? Yes, they can. Although natural, breast milk like formula contains sugar. That is why breastfed or bottle fed, it’s important to care for your babies teeth from the start.

Once your child is 6-8 months old, you may begin introducing a sippy cup (with a straw or a hard spout). Which will lower the dental risk related to bottle-feeding. Every child is different but it’s best to totally transition to a sippy cup by 12 month.

Once your child’s teeth come in, brush with an infant toothbrush, using warm water and a tiny amount of fluoride free toothpaste (about the size of a small grain of rice). Once your child’s teeth touch, you may begin flossing in between them. Try using children flossiers with a handle. This is unnecessary until then.

**AT AGE 3:** You can begin using fluoride toothpaste the amount of a pea size. We advise letting your child learn how to brush on his or her own (under your supervision to avoid toothpaste swallowing), then follow up with the parent brushing off anything that the child may have missed. A child’s coordination is not sufficient enough to brush completely on his/her own until they’re 7 years old.

Fluoride is recommended as part of a comprehensive tooth decay prevention. Regular exposure to fluoride is safe, even for young infants. You can purchase fluoride test strips to see if you have fluoride in your water in your home.

Have any dental questions? Give us a call.  
(360) 667-5676

Upper Teeth		Erupt	Shed
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		Erupt	Shed
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.