



GET IT DONE IN YEAR ONE

Dental care is crucial during the first year of life:

Proper care for baby teeth is imperative as they serve several crucial functions, including:

- Fostering good nutrition by permitting proper chewing.
- Aiding in speech development.
- Helping Proper Development of permanent teeth by saving space for them.
- The American Academy of Pediatric Dentistry (AAPD), American Dental Association (ADA) and the American Academy of Pediatrics all recommend a dental visit for children by age one.
- Baby teeth are vulnerable to tooth decay from their first appearance, on average between the ages of six and 12 months.
- The associative pain of tooth decay can prevent a child from eating correctly, impacting overall health and development. Additionally, undetected and untreated tooth decay can lead to infection, loss of teeth and expensive and mostly preventable emergency and restorative interventions.
- A scientific paper in the Journal of Pediatric Dentistry revealed that children who wait to have their first dental visit until age two or three are more likely to require restorative and emergency visits.

Benefits of the Year One Dental Visit:

- 1+1=ZERO. One dental visit when there is one tooth can equal ZERO cavities.
- Visiting your dentist by the time the first baby tooth appears enables the child to begin a lifelong preventative dental care program to minimize tooth decay and cavities.
- Your Dentist can detect early tooth decay, provide parents with information on proper oral and facial development, nutrition, oral care and more.
- The year one dental visit can actually save money. A study in the Journal of Pediatrics showed that children who have their first dental visit before age one have 40% lower dental costs in their first five years than children who do not, due to the cost of dental and medical procedures that may be necessary as a result of poor oral health.

HOW TO PROTECT YOUR BABY'S TEETH FROM CAVITIES

Did you know that cavities are caused by germs that are passed from adult to child?

Even before baby teeth appear, infants need proper oral care to help developing teeth grow strong and avoid early childhood caries. Babies are born without the bacteria that causes caries- the disease that leads to cavities. They get it from spit that is passed from their caregiver's mouth to their own. Caregivers pass on these germs by sharing saliva-by sharing spoons, by testing foods before feeding it to babies, blowing on the spoon to





cool the food, by cleaning off a pacifier in their mouth instead of with water, and through other activities where saliva is shared.

These germs can start the process that causes cavities even before babies have teeth, so it is important to avoid sharing saliva with your baby right from the start.

- Parents should clean infants mouths and gums regularly (after every feeding) with a soft infant toothbrush or cloth and water.
- Infant and children have other unique caries-risk factors including development of dietary habits and childhood food preferences. Breast-feeding at will should be avoided after the first baby tooth begins to erupt and other dietary carbohydrates are introduced.
- Parents should encourage to have infants drink from a cup (not a sippy cup) as they approach their first birthday. Infants should be weaned from the bottle by 12-24 months of age.
- Baby teeth should be brushed at least twice a day with a pea size smear of Non-fluoridated toothpaste. Baby should be encouraged to spit out toothpaste.
- Avoid giving your baby sticky foods and unhealthy snacks like candy, soda or juice. Instead, give your baby healthy snacks like cheese, yogurt or fruit. Only give your baby treats or juice (watered down by half) at meal times.
- Establish bedtime routines that do not involve using the bottle filled with milk or juice to soothe the baby to sleep. Also avoid having the baby sleep with a bottle filled with milk or juice as the natural sugars in these liquids will get changed to acid, which will rot or decay the teeth and lead to dental infection and pain. Avoid having your baby drink from a sippy cup filled with juice between meals.
- Do not give your baby juice until he is 6 months old. Do not give your baby more than 4-6 ounces of juice (watered down by half) per day.
- If you see white spots developing on your baby's teeth, then take your baby to your dentist right away. A white spot is often the first sign of a dental cavity.

Please contact the office if you have any questions or concerns!



**My Dentist
ROCKS!**