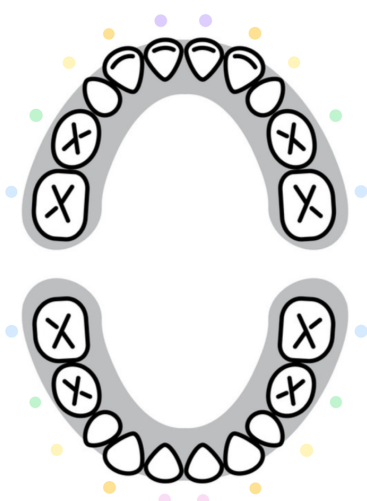




ORAL HEALTH FOR BABY'S 1ST YEAR

By: Dr. Helen Mo @the.dentistmom

WHEN DO BABY TEETH COME IN?



- 1 Lower central incisors around 6 months
- 2 Upper central incisors after 6 months
- 3 Lateral incisors by 1 year
- 4 1st primary molars by 1.5 years
- 5 Canines by 2 years
- 6 2nd primary molars by 3 years

At around 5-8 mos, your baby may start to get their first teeth, and this continues until age 3.

Remember: every child is different and unique in development. Treat teeth eruption charts only as a guideline.

WHAT TOOTHBRUSH SHOULD I USE?

Infant oral care can be introduced before teeth are present to desensitize your child to the physical sensation of brushing.

This sets your baby up for a higher chance of success for oral care in the future.

to massage the gums & clean tongue



- BEFORE TEETH ERUPT**
- Finger brush
 - Washcloth
 - Silicone brush

to introduce the concept & sensation of brushing



- AFTER TEETH ERUPT**
- Extra soft or soft bristle brush
 - Start toothpaste

to effectively remove plaque



to clean any persistent stains & sticky plaque



- ONCE BRUSHING IS ROUTINE**
- Electric toothbrush
 - Soft bristle brush
 - Floss once teeth touch

WHAT TOOTHPASTE SHOULD I USE?

under 3 years
RICE SIZED



over 3 years
PEA SIZED



Look for toothpastes with the ADA Seal of Acceptance.

The AAP & AAPD both recommend using fluoride toothpaste to prevent cavities.

It is safe when used in the appropriate amounts even if your child cannot spit. If you're concerned, you can use a washcloth to wipe away any excess.

OTHER ORAL HEALTH TIPS:



Visit a pediatric dentist by age 1 or 6 mos after the 1st tooth erupts. See a dentist if no teeth by 18 mos.



If your baby is feeding through the night, brush before the last feed of the night, and wipe the teeth between night feedings.



Primary caregivers can pass cavity-causing bacteria to newborns. Therefore, moms should also prioritize their own dental care.



Sucking on a pacifier is normal for infants for comfort & security. Most children stop on their own, but if not, wean by age 2-3.



FOR MORE TIPS ON ORAL HEALTH & TEETH:
FOLLOW DR. HELEN MO @THE.DENTISTMOM