

First Dental Visit

- 6 months after their first tooth erupts or their first birthday, whichever comes first.
- Phrases to use: Fun, look and count the teeth, help make your teeth strong for a child's first appointment.

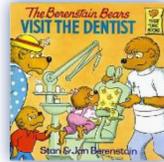
Our goal is to have happy and healthy patients who love coming to see us no matter what age they are!

What to Expect at First Visit

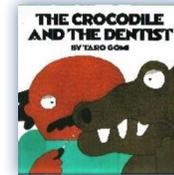
- First appointment is a 'chair ride' or 'hello' visit.
- We ask them to sit in the chair, but are not forced to.
- We will discuss diet and home care with you.
- We will introduce your child to things like the dental suction "Mr. Thirsty."

A cleaning appointment can be scheduled at the chair ride visit!

First Dental Visit Books to Prepare Your Child



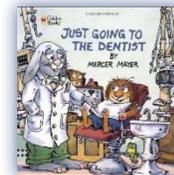
The Berenstain Bears Visit the Dentist
Stan and Jan Berenstain



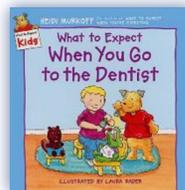
The Crocodile and the Dentist
Taro Gomi



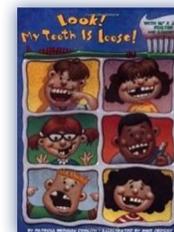
Dora the Explorer: Show Me Your Smile! A Visit to the Dentist
Christine Ricci



Just Going to the Dentist
Mercer Mayer



What to Expect When You Go to the Dentist
Heidi Murkoff



Look! My Tooth is Loose!
Patricia Brennan Demuth

A Guide to Your Child's Oral Health



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Smiles**

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Tips for First Teeth

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.

- Baby teeth help children chew and speak properly. They are space-maintainers for adult teeth.
- After the baby eats, wipe their mouth with a damp cloth to remove excess milk to get them used to having their mouth cleaned and to prevent possible yeast infections.
- Brush new baby teeth with a wet cloth or finger brush.
- Fluoridated toothpaste should be used as early as the first tooth comes in.
- First Tooth–Age 3: smear a fluoridated toothpaste.
- Age 4–6: Pea sized amount of fluoridated toothpaste.
- Mouth rinse can be used when directed by your dentist and hygienist when the child can spit it out.

Keeping Teeth Healthy & Avoiding Cavities

- Do not put your child down to sleep with a bottle (unless plain water) because this can cause “Baby Bottle Tooth Decay”
- Foods to avoid snacking on are high carb, high sugar and high acid.
 - Cookies
 - Crackers
 - Oranges
 - Soda
 - Flavored Water
 - Etc.
- Foods that are good snacks for teeth:
 - Cucumbers
 - Avocado
 - Cheese
 - Watermelon
 - Bananas
 - Peanut Butter (If they are old enough)
 - Add yogurt to acidic foods like oranges to help neutralize it.



- Parents are the number one reason that cavity-causing bacteria spreads to their children. **Cavities are contagious!**
 - Do not clean a child’s pacifier or eating utensils in your mouth.
 - Try to avoid kissing the baby on the mouth.

Cavity Prevention



- Sealants are great for baby teeth, and can help avoid cavities on the biting surfaces.
- Sealants are placed by a hygienist or doctor with no needle or drill!
- Products like MI paste or certain mouth rinses can be recommended by your hygienist depending on your child’s age, in order to help avoid cavities, especially if the child has a high carb/sugar diet.
- It is important to know if your water is fluoridated, so that you can be sure that your child’s developing teeth will be receiving enough. We can also prescribe a low-dose fluoride supplement to assist in the formation of the adult teeth.