

# Dental Information

Good nutrition and dental habits should start early. Proper care of your child's teeth are important for good health and appearance. Remember the "Do's & Don'ts" to promote healthy teeth.

The most important cleaning is at bedtime so no food remains in the mouth overnight.

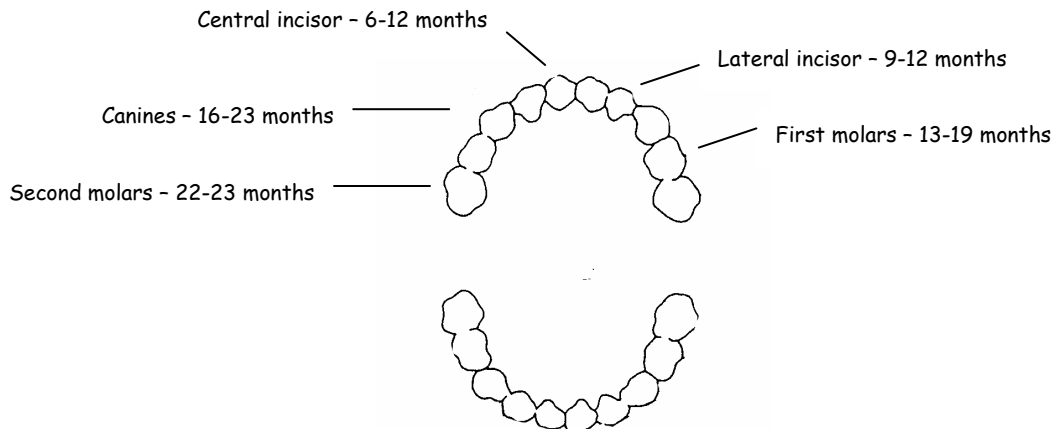
## "Do's"

- ◆ Wipe baby's gums with a clean cloth daily
- ◆ Brush baby teeth with water & a soft toothbrush
- ◆ Brush teeth after meals and before bed
- ◆ Help your child brush their teeth
- ◆ See your dentist yearly after age 3
- ◆ Provide nutritional snacks
  - fresh fruits & vegetables
- ◆ Be a good example

## "Don'ts"

- ◆ Discourage brushing
- ◆ Brush the teeth hard
- ◆ Give sugary foods
  - Kool-aid
  - soda
  - candy
  - sweetened cereal
- ◆ Transfer fear of the dentist to your child

## When will my baby's teeth come in? 20 teeth in 3 years



- ◆ Teeth begin forming in your baby even before birth.
- ◆ Teeth are present in the gums at birth.
- ◆ The lower two front teeth usually come in first around 6 months of age.
- ◆ Do not worry if your baby's teeth are a little late coming in.
- ◆ Children get teeth at different times.