Dental Care by Age 1

You should schedule your child's first dental visit by age 1. The dentist can check your baby's mouth and answer any questions you might have.

All 20 baby teeth are present in the gums at birth. That means that it's never too early to start developing good oral health habits. **Baby teeth are at risk for tooth decay (cavities) as soon as they first appear.**

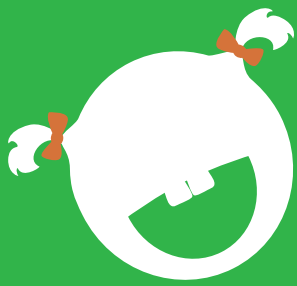
Healthy baby (primary) teeth help baby:

- Speak clearly
- Make room for adult (permanent) teeth
- Chew healthy foods

Warning: Potential choking hazard. Toothbrush should fit snugly on finger. Keep out of reach of children and infants when not in use. To be used by adults only. Wash thoroughly before first use and after each use.

How to care for baby's gums and teeth

- Massage your baby's gums with a **damp washcloth or finger toothbrush** (attached to this card) after each feeding.
- **Once the first tooth appears,** brush gently with a smear of toothpaste (the size of a grain of rice) on a child-sized toothbrush.



- **No bottles in bed!** Milk, including breast milk, juice and formula contain sugars that can lead to tooth decay, especially once the first teeth appear.
- **Stop bottle use at 12 to 18 months old.** Kids who use bottles past that age are more likely to develop cavities.

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www.deltadentalmi.com/wellness

Source: Delta Dental of Michigan, Ohio, Indiana, and North Carolina, *From Drool to School* (2016).