



Baby Tooth Care

By Dr. Julia Richman DDS, Dino Kids Dentistry

Here at Dino Kid's Dentistry, we always look forward to seeing some of our very favorite little patients...the babies! Did you know that baby teeth come in before a year of age, and babies can get cavities before their first birthday?

There are some great recommendations from the American Academy of Pediatric Dentistry (AAPD) for you to care for your baby's teeth:

- Start brushing twice daily with a smear (very small amount) of fluoride toothpaste once the first tooth appears.
- Once the baby is eating solids, feed a variety of finger foods. Fresh fruit is a great way to enjoy a healthy sweet treat! Avoid candy and sticky sweets.
- Avoid bottles at night once especially after a year of age. Brush teeth after the baby has a bottle or nurses before bed.
- Avoid cow's milk, juice, or other sweet drinks in a bottle or sippy cup.
- Check the baby teeth when you brush them. Look for any signs of white spots especially near the gum line. These can be a sign of early cavities.
- Call your dentist if you notice white spots, bleeding, or anything else concerning.

You can find more great tips at: www.mychildrensteeth.org/

When is a good time to take the baby to the dentist? The AAPD recommends the first dental visit be near the baby's first birthday, or before, if there are any problems or concerns.

Wait, isn't that a little young for a dental visit?

No, at Dino Kid's Dentistry we are used to seeing the little ones. Dr Richman will check the baby's mouth and teeth for any signs of cavities or other problems, and make sure your baby is leaving with clean healthy teeth. We also offer a fluoride treatment to help your baby get a good start with healthy teeth. We will discuss home oral health care and diet recommendations with you and answer any questions you may have. This early appointment is a great way to introduce your young child to the dental clinic and help ensure healthy teeth for life!

Call us to schedule your baby, toddler, child, or adolescent for their dental visit today!



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Specialty pediatric dentistry in a family-centered environment.

Our experienced team here at Dino Kid's Dentistry will happily assist your child in achieving a healthier smile. We provide a range of common pediatric treatments for children of all ages, including age 1 dental visits at the first birthday.

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| Baby Tooth Crowns | First Dental Visits | Oral Surgery |
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