



Important Information About Your Toddler's Oral Health

First Dental Visit

"First visit by first birthday." Your child should visit a dentist when the first tooth comes in, usually between 6 and 12 months of age. The earlier the dental visit, the better the chance of preventing dental problems.

Appropriate Homecare Routine

The sooner the better! As soon as the teeth begin to appear, start brushing twice daily using a soft, age-appropriate sized toothbrush. For the 2-5 year old, smear a thin amount of fluoridated toothpaste across the bristles and assist your child with toothbrushing. Remember that young children do not have the ability to brush their teeth effectively.

Healthy Snack Choices

A balanced diet that includes fruits, vegetables, grains, meats & beans, and milk is important for your child's growth and development.

Foods and Drinks To Avoid

A diet high in certain kinds of carbohydrates, such as sugars and starches, can increase your child's risk for developing tooth decay. Sticky foods, such as dried fruits and candy, do not wash away from the tooth easily with saliva, water or milk. Therefore, they present a greater risk to cause tooth decay.

Drinking juice from a bottle should be avoided. Fruit juice should only be offered in a cup with meals or at snack time.

The information above has been adopted from the American Academy of Pediatric Dentistry (AAPD 2011).