

Little Teeth, Big Smiles!

A quick guide to healthy teeth
for growing smiles

1. START BRUSHING EARLY

? When should we start brushing and what kind of toothbrush is best?

Brushing should begin as soon as the first baby tooth erupts. Choose a child-sized toothbrush with soft bristles to gently clean all surfaces of the teeth.

1 First tooth appears



2 Child-sized soft toothbrush



3 Gently clean every surface



? Is it safe to use fluoride toothpaste for a baby or toddler, and how much should I use?

Yes it is safe and highly recommended for cavity prevention. For children between ages 1 to 3, use a rice-grain sized amount. For ages 3 to 6, use a "pea-sized" amount and teach them to spit out the excess.

Ages 1-3



Rice-grain sized amount

Ages 3-6

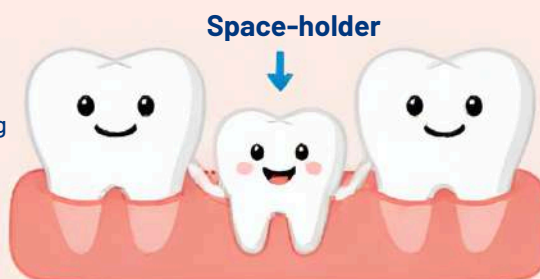


Pea-sized amount

2. TEETH & BABY TEETH

? Why are baby teeth important if they are just going to fall out anyway?

Baby teeth are essential for chewing and speech. Most importantly they act as "space-holders" for permanent teeth. Losing them prematurely can cause crowding or misalignment of adult teeth.



Chewing



Speech

? My child's adult tooth is coming in behind their baby tooth. Is this normal?

This is quite common and is often called "shark teeth" because of the double row. The permanent teeth often move into place on their own. If the baby tooth does not fall out, you need to consult your dentist to see if extraction is needed.



Shark teeth



Often settles on its own



Consult your dentist if needed



Information provided by Bayside Dental