

**START EARLY, START RIGHT**

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# HOW WILL YOUR BABY'S TEETH DEVELOP?

- USUALLY AT 6 MONTHS – FRONT FOUR TEETH  
**THE TEETHING STAGES.**
- AROUND 3 YEARS OF AGE, YOUR BABY SHOULD HAVE A COMPLETE SET OF 20 PRIMARY (BABY TEETH).

It is very important to take really good care of these first teeth, even though they will be replaced by permanent teeth. The Baby teeth holds the spaces for the permanent teeth to come in; if a baby tooth is lost, the permanent tooth could come in crooked.

# WHEN WILL YOUR CHILD'S BABY TEETH START TO FALL OUT?

- AROUND AGE 6
- THE PROCESS OF PERMANENT TEETH REPLACING PRIMARY TEETH OCCURS UNTIL AGE 12 OR 13.
- AROUND 16 THE WISDOM TOOTH SHOULD ERUPT AND YOUR CHILD SHOULD HAVE A COMPLETE SET OF 32 PERMANENT TEETH.

Due to this process of replacing primary teeth with permanent teeth, keeping all the teeth clean may be a challenge. Beware of food settling and plaque!

# THE IMPORTANCE OF FLOSSING

- YOUR BABY IS NOW A CHILD AND WILL HAVE LARGER PERMANENT TEETH GROWING NEXT TO SMALLER PRIMARY TEETH, AND THIS UNEVENNESS MEANS LOTS OF SPACES FOR FOOD AND PLAQUE TO COLLECT.

# What is plaque?

- Plaque is the colorless, sticky film of bacteria that is constantly forming on your teeth and left to build up.
- Plaque is one of the main causes of tooth decay and gum disease.

# CAVITY-FREE!

- BRUSH PROPERLY WITH A FLORIDE TOOTH PASTE.
- BRUSH TWICE (2X'S) A DAY
- FLOSS DAILY
- GIVE THEM HEALTHY SNACKS (BREAD AND FRUITS)

# HOW IMPORTANT IS YOUR CHILD'S DIET?

- VERY!
- GUIDE CHILDREN AWAY FROM SUGARY FOODS AND DRINKS.
- REDUCE THE NUMBER OF TIMES THEY HAVE THEM DURING THE DAY. (BY JUST SERVING THEM AT MEALTIMES CAN ASSIST WITH BRUSHING THEIR TEETH AFTER THEY EAT.)

# HOW SHOULD I BRUSH MY CHILDS TEETH?

- STAND BEHIND THEM AND TILT THEIR HEAD SLIGHTLY BACK.
- BRUSH LIKE YOU WOULD BRUSH YOUR TEETH.
- START BY CLEANING THE CHEWING SURFACES WITH A SOFT-BRISTLED CHILDREN'S TOOTHBRUSH, USING SHORT BACK –AND-FORTH STROKES
- FOR OUTER TOOTH SURFACES, PLACE THE TOOTHBRUSH AT A 45 DEGREE ANGLE TOWARD THE GUMLINE.
- MOVE THE BRUSH BACK AND FORTH IN SHORT, GENTLE STROKES.
- MAKE SURE TH GUMLINE AND BACK TETH ARE CLEANED THOROUGHLY.

REPLACE YOUR CHILDS TOOTHBRUSH WHEN IT BEGINS TO SHOW WEAR, OR EVERY THREE MONTHS, WHICHEVER COMES FIRST.

# WHEN SHOULD CHILDREN START BRUSHING ON THEIR OWN?

- IT VARIES FROM CHILD TO CHILD, GENERALLY CHILDREN UNDER THE AGE 8 WILL NEED HELP BRUSHING THEIR TEETH.

# FOLLOW THESE SIMPLE GUIDELINES

- BRUSH AT LEAST TWICE A DAY – IN THE MORNING AND JUST BEFORE BED.
- SPEND 2 MINUTES BRUSHING – CONCENTRATING ON THE CHEWING SURFACES AND BACK TEETH. (CAVITIES OFTEN FIRST DEVELOP).
- USE A PEA-SIZE AMOUNT OF CHILDREN'S FLUORIDE TOOTHPASTE. TEACH YOUR CHILD TO SPIT OUT ANY TOOTHPASTE LEFT AFTER BRUSHING.
- LOOK FOR A BRUSH THAT IS SUITABLE FOR YOUR CHILD'S AGE AND DEXTERITY.
- DON'T SHARE BRUSHES BETWEEN CHILDREN.
- BRUSHING YOUR TEETH TOGETHER SETS A GOOD EXAMPLE AND HELPS YOUR CHILD TO LEARN, BY WATCHING AND IMITATING YOU!
- AS EARLY AS YOU CAN, START CLEANING IN BETWEEN YOUR CHILD'S TEETH. Ask your dentist for advice on when this should begin, and how to do it.

# WHAT SHOULD I EXPECT FROM YOUR CHILD'S DENTAL VISIT?

- THE DENTIST WILL EXAMINE YOUR CHILD'S TEETH, GUMS, AND JAW.
- THE DENTIST WILL SHOW THE CHILD HOW TO PROPERLY BRUSH.
- THE DENTIST WILL INFORM THE PARENT HOW HIS/HER CHILD'S TEETH ARE DEVELOPING.

REMEMBER.....

GOOD ORAL CARE BEGINS WITH YOU



QUESTIONS?