

10 Tips for Parents & Children

1. Pregnancy

- Gum disease may cause pre term low birth weight babies. Optimal oral hygiene and regular dental visits are needed during pregnancy
- Your infants teeth start developing during the first 3 months of pregnancy
- Tetracycline (antibiotics) should be avoided during pregnancy as it can cause discolouration of the developing teeth for the baby

2. Baby teeth are important!

- There are 20 primary (Baby) teeth
- Primary teeth help your child to speak, eat and assist permanent teeth to come in straight

3. Pacifier Use and Thumb sucking

- Children should naturally stop sucking on fingers or thumbs at 2-4 years of age. After 4 years of age this habit should strongly be discouraged
- Pacifier use should be discouraged after 2 years of age
- These habits if not broken early enough can affect jaw growth, cause crowding and misalignment of teeth
- TIP: Never dip your child's pacifier in honey or sugar!

4. Teething

- Teething starts at about 6 months
- Gums may appear red or swollen and sometimes a bluish purple colour can be seen when a tooth is about to erupt.
- To soothe your child use a clean cool damp cloth to massage the gums. Gum massagers that slip over your fingers are also available

5. Feeding & Infant and Baby Bottle Syndrome

- Clean your infants gums and or teeth with a soft damp cloth after each feeding.
- Baby bottle syndrome is a condition which primarily affects the top front teeth causing decay from allowing the child to fall asleep with a bottle of milk or juice without cleaning their teeth and gums after feeding
- TIP: Slowly dilute the milk with water until the child is able to fall asleep with only water
- Avoid feeding your child snacks containing lots of sugar. Including natural sugars found in many fruits
- Have sweet snacks for directly after meal times. They are likely to do less harm this way

6. Brushing and Flossing

- Start brushing as soon as the first tooth erupts
- Once 2 baby teeth are present side by side flossing should be introduced
- Start with non fluoridated toothpaste until child is fully able to spit it out (about age 3)

7. Lift the Lip

- Use a mouth mirror to check for any brown spots that could be signs of decay
- Check to make sure gums appear pink and healthy
- Check for new teeth!

8. Knocked out Teeth

- Call your dentist immediately for an appointment. After hours emergency are available at Banff Dental Care
- Rinse the tooth with water, do not brush or scrub the tooth. Do not hold tooth by the root
- Re insert the tooth into the hole where it fell out or transport it to the office in a cup of milk

9. Prepare for the First Dental Visit

- Play Dentist at home to prepare the child
- Dental related children's books are available

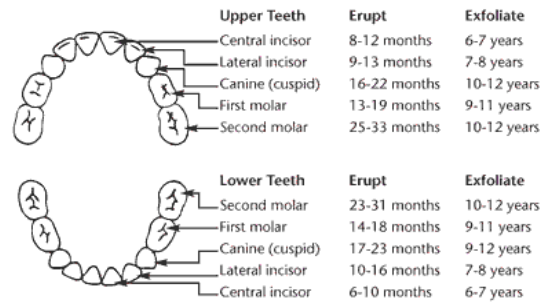
10. Visit the Dentist (Happy Visit)

- At Banff Dental Care we offer a Happy visit at no charge to introduce children to the office. We look at all of the equipment, go for a ride in the chair and discuss important oral health care consideration that are age appropriate for your child
- First dental visit should be at age 3 or first sign of any problems

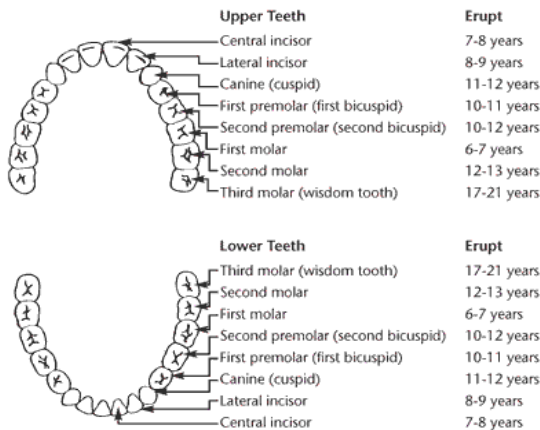
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Tooth Eruption Chart

PRIMARY DENTITION



PERMANENT DENTITION



Source: Adapted with permission from the Arizona Department of Health Services, Office of Oral Health, courtesy of Don Altman, D.D.S., M.P.H. The assistance of the American Dental Hygienists' Association is gratefully acknowledged.