I Taught My Child Today…

by caring for my baby's teeth.

Ideas to Promote

Good Dental Care for Babies

- Clean your baby's upper and lower gums twice a day before their first tooth comes in with a clean and damp gauze or washcloth. This will clear away harmful bacteria. Do this after breakfast and after the last feeding of the day.
- Take your child to the dentist for an exam before the first birthday. A modified exam is given while the child sits on mommy's lap. This early visit helps reduce fear for your child as they grow older.
- Avoid tooth decay by not putting your baby to bed with a bottle. Good feeding habits must be practiced. If milk or juice remains on the baby's teeth while sleeping, the enamel is eaten away. This results in cavities. Severe cavities may create a condition called "bottle mouth."
- Use an infant toothbrush to brush your baby's teeth with water. At age two, a small pea- sized drop of toothpaste may be used for brushing teeth with supervision.
- Consider taking your little one to a Pediatric Dentist. These dentists specialize in treating children.

There are many reasons why healthy teeth are important. As a parent and first teacher of your child, you have an important role in teaching your child how to care for their own teeth as they grow older. Your assistance in this care is critical during the earliest years. Baby teeth are very important. They allow a child to eat a good diet. They allow for proper jaw growth. They give the face its form and appearance. Baby teeth assist with the formation of speech. They also act as space savers for when adult teeth come in. When healthy dental habits are formed early in life, they are more likely to be carried on through a lifetime. Smile pretty!!!

Resource: http://www.webmd.com/parenting/baby/caring-babies-teeth

Infancy Leadership Circle/Erie:

A Project of New York Zero-to-Three Network—Raising Voices For Babies