Dental Care for Kids

Dental care is important because:

It keeps your child’s teeth healthy for…

*Chewing
*Speaking
*Healthy adult teeth
*Overall health

When should I start cleaning my child’s teeth?

- Before teeth come in, wipe a moist washcloth over gums after feeding
- Once your child’s teeth begin erupting clean them with a moist washcloth
- When more teeth come in, begin using a soft toothbrush and water or non-fluoride toothpaste.
- After your child is able to spit out the toothpaste (around 2 years of age), you may let your child use a fluoridated toothpaste (be sure to rise thoroughly and use only a pea sized drop.)

When should I start taking my child to the Dentist?

- The American Dental Association recommends taking your child to the dentist around their first birthday
- This helps your child feel comfortable at the dentist
- This also allows your dentist to detect problems early

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