



# Infant Care Guide

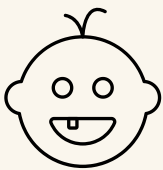
**Congratulations** on the arrival of your baby! Are you prepared for the arrival of your baby's first tooth? Follow these guidelines and your child will be on the way to a lifetime of healthy smiles!

**Caring for Gums** - Even before your baby's first tooth appears, the gums can benefit from your careful attention. After breast- or bottle-feeding, wrap one finger with a clean, damp washcloth or piece of gauze and gently rub it across your baby's gum tissue. This practice both clears your little one's mouth of any fragments of food and begins the process for building good daily oral care habits. Additionally, you could always try Xylitol teething wipes



**Baby's First Tooth** (~ 6 months of age) - When that first tooth makes an entrance, it's time to upgrade to a baby toothbrush.

- toothpaste isn't necessary; just dip the brush in water before brushing. If your little one doesn't react well to the introduction of a toothbrush, don't give up. During the teething process, your child will want to chew on just about anything, and a baby toothbrush with a teether can become a favorite toy during this period.
- Brushing with Toothpaste - When molars start to erupt, you can start using toothpaste with your child's brush. At this stage, use only a small amount of fluoridated toothpaste (the size of a grain of rice). From the beginning, have your little one practice spitting the toothpaste out after brushing,. You can train your little to spit by saying the word "2" " as they aim at the sink. At any age, it is best to avoid swallowing toothpaste..



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# Infant Care Guide: Part 2

**Avoiding Cavities-** In my experience, sugared beverages and sticky carbohydrates are the hidden cariogenic(cavity causing) foods that kids regularly consume. We know that avoiding these is IMPOSSIBLE but limiting them to mealtimes or brushing teeth after consuming will help to decrease your littles one's risk of cavities. One I do recommend avoiding is gummies (gummy vitamins, gummy fruit snacks, gummy candies).

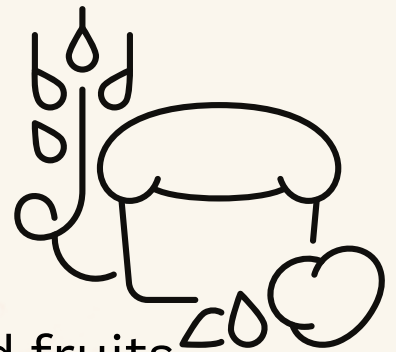
## Sweetened liquids to limit or brush after consuming:

Fruit juice  
Gatorade  
Flavored waters  
Milk (including dairy alternatives)



## Sticky Carbohydrates to limit or brush after consuming:

Crackers  
Chips  
Goldfish  
Pretzels  
Raisins/dried fruits  
Pasta



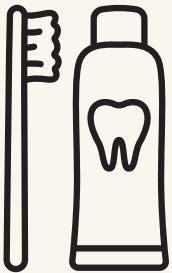


# *Infant Care Guide: Part 3*

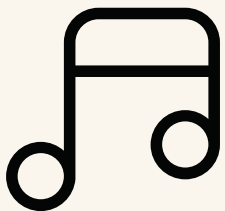
## **Setting a Good Example**



Behavior modeling is a great way to teach our littles. Brush and floss daily while your child is watching, and he or she will learn at an early age the importance of your good habits.



As soon as your child shows interest, offer a toothbrush of his or her own and encourage your toddler to “brush” with you. (You’ll find toothbrushes with chunky, short handles that are easy to grip.)



Most children don’t have the dexterity necessary to thoroughly clean their own teeth until they’re about six or seven, so you’ll have to do that part of the job. Try different tactics to make brushing fun: flavored toothpaste, a toothbrush with a favorite character on it, or singing songs about brushing.

The primary goal is to instill healthy oral habits at an early age to set your child up for a lifetime of healthy, cavity-free teeth!