

# Brush and Floss

Infant/ Toddler (0-5 years old)



Age 0-3: grain of rice sized amount of toothpaste

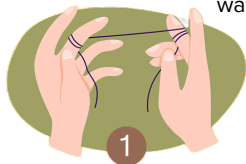


Age 3+: pea sized amount of toothpaste



The ADA recommends to brush teeth twice per day with fluoride toothpaste and to replace your toothbrush every three or four months

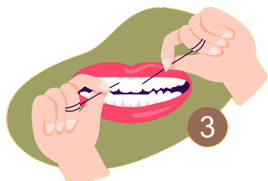
When your child has teeth that touch one another, you should begin flossing once a day. You can use traditional string floss, threaded floss picks, or a water flosser.



Thread floss between your fingers



Guide the floss in between your teeth



When the floss reaches the gum line, curve into a "C" shape against one tooth



Hold the floss tightly but rub gently up and down, repeat for each tooth!

# Nutrition and Prevention

Children need strong, healthy teeth to chew their food, speak, and have a good-looking smile. It's important to start infants off with good oral care to help protect their teeth for decades to come. Even though they are temporary, your child's baby teeth are important, and still susceptible to cavities.

## Feeds Healthy Smiles

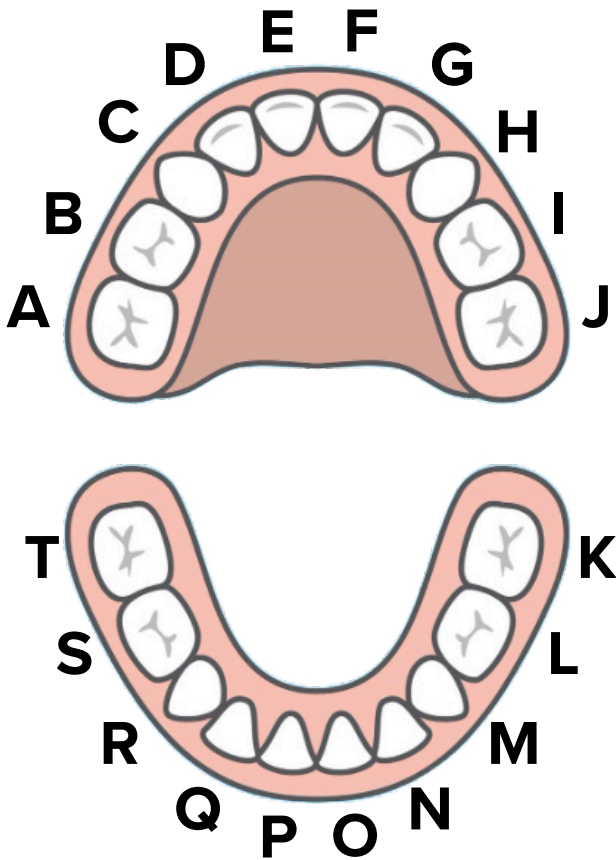
- ✓ Wipe your infant's gums after each feeding with a damp washcloth
- ✓ When your child's teeth come in, brush them gently with a grain of rice sized amount of toothpaste
- ✓ Place only formula or milk in bottles
- ✓ Encourage your child to drink from a cup by their first birthday
- ✓ Encourage healthy eating habits

## Commonly Feeds Cavities

- ✗ Sugary drinks in bottles like juice, soda, or sugar water
- ✗ Licking or placing a feeding spoon or pacifier in your own mouth before giving it to your child
- ✗ Sticky foods like fruit snacks

# Growth and Development Chart

## Primary "Baby" Teeth



### UPPER TEETH

### ERUPT

A. SECOND MOLAR	25-33 MO
B. FIRST MOLAR	13-19 MO
C. CANINE (CUSPID)	16-22 MO
D. LATERAL INCISOR	9-13 MO
E. CENTRAL INCISOR	8-12 MO
F. CENTRAL INCISOR	8-12 MO
G. LATERAL INCISOR	9-13 MO
H. CANINE (CUSPID)	16-22 MO
I. FIRST MOLAR	13-19 MO
J. SECOND MOLAR	25-33 MO

### LOWER TEETH

### ERUPT

K. SECOND MOLAR	23-31 MO
L. FIRST MOLAR	14-18 MO
M. CANINE (CUSPID)	17-23 MO
N. LATERAL INCISOR	10-16 MO
O. CENTRAL INCISOR	6-10 MO
P. CENTRAL INCISOR	6-10 MO
Q. LATERAL INCISOR	10-16 MO
R. CANINE (CUSPID)	17-23 MO
S. FIRST MOLAR	14-18 MO
T. SECOND MOLAR	23-31 MO

# Baby Tooth Emergency

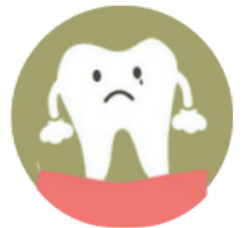
If your child's mouth is bleeding, rinse with water and apply a cold compress. This will help with bleeding and swelling.



If the tooth is chipped or knocked out, find the pieces or whole tooth.

Do not put the tooth back in its socket, instead place it in a container with milk and bring it with you to the dentist.

If the tooth is cracked, rinse with warm water to clean the area. You may also apply a cold compress on the face to help with any swelling.



Call your dentist and provide as much detail as possible about your child's condition. We will work to schedule you as soon as possible and always have a doctor on call for emergencies even when our office is closed.