TAKE YOUR CHILD TO THE DENTIST BY ONE!

The American Dental Association and the American Academy of Pediatric Dentistry recommend that a child should go to the dentist within six months of getting their first tooth – and no later than their first birthday.

BABY’S FIRST VISIT TO THE DENTIST

At the first check-up, the dentist will:

• Check your child for cavities
• Show you how to brush and floss your baby’s teeth
• Teach you about food, drinks and habits that can cause cavities
• Talk about fluoride and how it can prevent cavities
• Check your child’s bite, growth and development
• Give you information to prevent accidents as your baby grows

HOW TO CARE FOR YOUR BABY’S SMILE

CLEAN: Clean your baby’s gums with a damp washcloth after eating and drinking.

BRUSH: Once the first tooth shows up, use a soft toothbrush and water to brush your baby’s teeth and gums. Brush in soft gentle circles two times a day.

NO BOTTLE IN BED: Don’t let your baby fall asleep with a bottle of milk or sugary drinks at nap time or at night.

GIVE WATER: Give your child water. Do not give your child drinks with added sugar, such as soda or juice.

DON’T SHARE FORKS, SPOONS OR FOOD: If you put food or eating utensils in your mouth, do not put them in your child’s mouth because sharing spreads germs that can cause cavities.

For more information, visit HawaiiDentalService.com/DentistByOne