

Keeping Your Child's Teeth Healthy



0-4 Months:

Dental care starts before the teeth even emerge. Use a piece of wet gauze to wipe their gums 2x a day.

4 Months – 1 year:

Those pearly whites are breaking through! Graduate to a wet toothbrush.

1 year:

Baby's first dentist visit! Dentists will discuss good oral hygiene practices, oral habits, teething, etc.

1 year – 5 years:

Most kids can spit while brushing. Use a pea-sized amount of toothpaste. Parents should still be brushing kids' teeth.

2 years – 3 years:

The American Academy of Pediatrics suggests ditching the binky to avoid long-term shaping of the mouth.

5 years+:

Kids can finally take over! Let your child brush their own teeth, but supervise until you think they are doing a good job.

