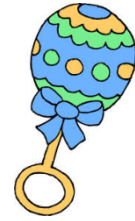




# Baby Teeth Recommendations



## Before teeth erupt:

- use a wet washcloth and wipe the gums
  - \* Your child will get acclimated to having you clean their mouth
  - \* You will provide a clean environment for teeth to erupt into

## Children under 3y:

- brush erupted teeth with a kids soft toothbrush and a FLUORIDE toothpaste
  - \*Use a toothpaste amount equal to a smear or a grain of rice-2x day

## Children 3-6y:

- use a pea sized amount of FLUORIDE toothpaste on a small kids toothbrush
  - \* Brush at least 2 x day

## What about **breastfeeding**?

Breastfeeding is completely fine

## What about **bottle feeding**?

**NEVER** put your baby to sleep with a bottle containing any liquid other than **WATER**. This can cause rampant cavities throughout the teeth!!

## What about **sippy cups** and **juice intake**?

**Children 1-6y** - no more than 4-6 ounces of fruit juices per day from a cup-**NOT** a **BOTTLE** or **SIPPY CUP**-as part of a meal or snack.

## What about **Fluoride**?

Ingestion of small amounts of Fluoride is important to prevent cavities

### Water source



Fluoridated tap water

- No extra fluoride needed
  - \*\*\*In lieu of store bought juice, buy frozen juice and reconstitute with tap water\*\*\*



Non fluoridated water or bottled water

- Let us know. You may need a fluoride prescription

## The Waban Dental Group

Adult Dentistry  
Jacqueline Birnhak, DMD  
Douglas Howie, DMD

• Pediatric Dentistry  
Sandra Zaragoza, DMD  
Andrew Sonis, DMD

• Orthodontics  
Andrew Sonis, DMD  
Anthea Resnick, DMD