

Steps for Oral Health in Young Children

Age	Development Notes	Feeding	Home care	Dental Office Care
Pregnancy	<p>Fetus affected by chemicals in cigarettes - Seek help and quit smoking -</p> <p>Baby teeth start to grow between 3-6 months of pregnancy</p>	<p>Eat a Healthy Diet with plenty of protein, calcium, Vitamins A, C, & D</p> <p>Drink plenty of fluoridated water</p>	<p>Regular brushing and flossing</p> <p>Rinse, but avoid brushing right after vomiting</p>	<p>Address all tooth decay and dental needs - much less time once the baby arrives</p> <p>Choose dental office for baby- check that Dr. is on insurance plan</p>
Birth	<p>Children breastfed for 6 months 72% less likely to have crooked teeth 1</p>	<p>breastfeeding/formula -</p> <p>Use fluoridated water for mixing formula</p> <p>Do not “clean” nipples or pacifier with saliva</p>	<p>Clean mouth with soft toothbrush (no paste until teeth appear)</p>	<p>Choose dental office for baby - check that Dr. is on insurance plan</p>
4 months	<p>Need for sucking less - do not put back pacifier if child spits it out</p> <p>Lower bottom middle teeth may start to come in</p> <p>Permanent teeth start to grow</p>	<p>Do not add sugar to a bottle</p> <p>Give breast milk (preferred) or formula, baby is too young for juice</p> <p>Start solid foods</p>	<p>Clean mouth with soft toothbrush</p> <p>To sooth teething, rub gums with cold spoon or clean finger or use a clean teething ring; do not use alcohol, gels or teething tablets*</p>	<p>Choose dental office for baby - check that Dr. in on insurance plan</p>

6 months	4 front teeth push through gums (may appear earlier or later)	Bottle/breast feed only during normal meal times Use only water in bottle, especially at bedtime; avoid adding sugar May start drinking from cup. Do not give juice	Brush teeth with a soft bristle brush and a smear of fluoride toothpaste (no more than a grain of rice)	Visit dentist when teeth appear Get fluoride varnish
1 year	Upper 4 front teeth push through gums	Stop use of bottle Use cup for drinking Give fruit rather than juice; limit juice to 4-6 oz day	Stop/reduce use of pacifier Lift-the-lip & look for color changes Brush teeth with a soft bristle brush and a smear of fluoride toothpaste (no more than a grain of rice)	Visit dentist: —Dental Exam —Fluoride varnish —Show dental professional how you brush your child's teeth and ask for tips —Discuss diet
18 months	Lower bottom incisors push through gums Upper 1st molars then lower 1st molars then upper canines then lower canines push through gums	Give fruit rather than juice; limit juice to 4-6 oz per day	Brush child's teeth; lift the lip and look for color changes	Visit dentist: —Dental Exam —Fluoride varnish —Show dental professional how you brush/floss your child's teeth and ask for tips —Discuss diet
2 years	Lower 2nd molars push through gums	Give fruit rather than juice; limit juice to 4-6 oz per day	Brush child's teeth; lift the lip and look for color changes	Visit dentist: —Dental Exam —Fluoride varnish —Show dental professional how you brush/floss your child's teeth and ask for tips —Discuss diet

3 years	All 20 baby teeth are in	Give fruit rather than juice; limit juice to 4-6 oz per day	Brush child's teeth with a pea size amount of fluoride toothpaste; lift the lip and look for color changes; floss teeth when 2 teeth touch	Visit dentist: —Dental Exam —Fluoride varnish —Show dental professional how you brush/floss your child's teeth and ask for tips —Discuss diet Varnish —Discuss ways to discontinue thumb/pacifier sucking
4 years	Jaw & facial bones grow to make room for adult teeth Child should no longer be using pacifier or sucking thumb	Give fruit rather than juice; limit juice to 4-6 oz per day	Brush child's teeth; lift the lip and look for color changes	Fluoride Varnish; review brushing skills and diet; discuss ways to discontinue thumb/pacifier sucking
5 years	Adult teeth continue to develop and may start to come in.	Give fruit rather than juice; limit juice to 4-6 oz per day	Brush child's teeth; lift the lip and look for color changes	Fluoride Varnish; review brushing/flossing skills and diet
6 years	Adult 1st molars and central incisors come in; front baby teeth start to fall out	Give fruit rather than juice; limit juice to 4-6 oz per day	When child can tie his/her shoes, child can brush teeth on own.	Visit dentist: —Dental Exam —Sealants —Fluoride varnish —Brushing

Dentist may recommend more frequent dental visits based on needs of child

* Teething gels such a Orajel may cause a rare but possibly fatal methemoglobinemia

1 PediatricsPEDIATRICS Volume 136, number 1, July 2015, Peres, et al