



First  
Dental Visit  
by  
First  
Birthday

## BABY'S ORAL HEALTH – What Parents Need to Know

Now that your bundle of joy has arrived, there are things you can do to promote your baby's oral health and protect that growing smile. Taking care of your new baby's mouth and gums can not only prevent problems, but also encourage the development of strong, healthy baby teeth and a lifetime of good oral hygiene habits.

See reverse side for more information >

Growing  
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## TAKING CARE OF YOUR ORAL HEALTH – TIPS FOR NEW PARENTS

- Wipe your baby's gums with clean gauze after each feeding.
- Put your baby to bed WITHOUT a bottle to prevent sugars and bacteria from pooling in the mouth.
- Do not share spoons or pacifiers with your baby to avoid the transfer of cavity-causing bacteria.
- Soothe your teething baby by rubbing his/her gums with a clean finger or offering a teething ring.
- Brush your baby's teeth with a soft-bristled toothbrush and water to prevent tooth decay.
- Take your baby to the dentist before his or her first birthday to have an initial examination of the teeth, mouth, and jaw.
- Avoid alcohol and tobacco use.
- Avoid exposure to second-hand smoke.
- Eat a balanced diet, especially if you are a nursing mother.

If you have questions about your baby's oral health, contact your pediatrician or dental care provider. **If you do not have a pediatric dentist, call Growing Smiles at 410-569-6700.**

### *Did you know that . . .*

- Sucking is a natural, soothing activity for baby.
- Most babies and toddlers will “kick” the thumb-sucking or pacifier habit between ages two and four.
- Cavities can develop as soon as baby teeth appear (at or near six months of age).
- Baby teeth keep a space in the jaw for permanent teeth.
- Fluoride toothpaste is not recommended until a child reaches age two.
- During the first three years of life, 20 baby teeth will erupt in your baby's mouth.

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# PRENATAL ORAL HEALTH

## Caring for Two

When you're expecting, caring for you means caring for two. Due to the physical connection you share, your baby can be affected by not only the foods you eat but also the environment in which you live, work, and play. Here are some ways that you can take control of your oral health (mouth and teeth) during your pregnancy.

See reverse side for more information >

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## TAKING CARE OF YOUR ORAL HEALTH – TIPS FOR EXPECTANT MOMS

- Schedule a preventive dental exam/cleaning for yourself prior to the birth of your baby.
- Let your dentist know that you are pregnant.
- Postpone elective and/or non-emergency dental work until the second trimester or until after delivery unless your dentist advises differently.
- Brush your teeth for at least two minutes, twice a day (2MIN2X).
- Maintain healthy circulation and refrain from crossing your legs while you sit in the dental chair.
- Discuss with your doctor/dental provider any problems with your gums which can swell, bleed, and/or trap food and become irritated due to your raised hormone levels.
- Inform your doctor/dental provider if you experience frequent vomiting due to “morning-sickness” as this may cause damage to your teeth.
- Avoid alcohol and tobacco use.
- Avoid exposure to second-hand smoke.
- Find out if your drinking water contains fluoride.
- Eat a balanced diet.



If you have questions about your oral health during pregnancy, contact your doctor or dental care provider.

### *Did you know that . . .*

- **Many of baby's teeth begin to form in the womb.**
- **Poor oral health during pregnancy can lead to premature and underweight babies.**
- **Preventive dental procedures can be performed at any time during pregnancy.**

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## Tooth Arrival Chart

Use this chart to identify the number and location of teeth at a given age. Baby teeth are shaded in blue and permanent teeth are shown in white.

When?	How many?	Where?	When?	How many?	Where?
5-12 months	4 baby teeth, 0 permanent teeth	upper, lower	7-9 years	12 baby teeth, 12 permanent teeth	upper, lower
8-13 months	6 baby teeth, 0 permanent teeth	upper, lower	9-11 years	8 baby teeth, 16 permanent teeth	upper, lower
13-19 months	12 baby teeth, 0 permanent teeth	upper, lower	10-12 years	4 baby teeth, 20 permanent teeth	upper, lower
16-23 months	16 baby teeth, 0 permanent teeth	upper, lower	11-12 years	0 baby teeth, 24 permanent teeth	upper, lower
2-3½ years	20 baby teeth, 0 permanent teeth	upper, lower	12-13 years	0 baby teeth, 28 permanent teeth	upper, lower
6-7 years	20 baby teeth, 4 permanent teeth	upper, lower	17-22 years	0 baby teeth, 32 permanent teeth	upper, lower
6-8 years	16 baby teeth, 8 permanent teeth	upper, lower	<p><b>Your teeth and what they do</b> Each of your teeth is different because they perform different functions to help you eat.</p> <p><b>Incisors</b> (front teeth) Have sharp, thin edges for cutting food.</p> <p><b>Canines/Cuspids</b> (corner teeth) Designed for cutting and tearing food.</p> <p><b>Premolars/Bicuspids</b> (back teeth) Have cusps for grasping and tearing food.</p> <p><b>Molars</b> (back teeth) Have short, blunt cusps for grinding solid food.</p>		

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