

Your Child's Dental Journey with Cool Mountain Kids

A roadmap for a healthy and happy smile from infancy through adolescence.

Based on [Faqs.Html](#) by Cool Mountain Kids Pediatric Dentistry

Infancy (First Tooth): First Dental Visit

- Schedule first dental visit around the time the first tooth erupts.
- Establish a dental home for your child.
- Discuss teething and oral hygiene basics with the dentist.



Toddlerhood (1-3 Years): Building Healthy Habits

- Continue regular dental check-ups every six months.
- Begin brushing teeth twice daily with a soft-bristled brush.
- Introduce fluoride toothpaste in a pea-sized amount.
- Monitor thumb-sucking and pacifier use.



Preschool Years (3-5 Years): Preventive Care Focus

- Regular dental exams and cleanings.
- Discuss dietary habits and their impact on oral health.
- Consider dental sealants for molars.
- Address any concerns about speech development and teeth alignment.



Early School Years (6-9 Years): Monitoring Growth and Development

- Watch for the eruption of permanent teeth.
- Continue biannual dental visits.
- Discuss orthodontic evaluations if needed.
- Reinforce good brushing and flossing techniques.



Pre-Adolescence (10-12 Years): Orthodontic Considerations

- Further orthodontic assessments.
- Focus on maintaining excellent oral hygiene during brace wear if applicable.
- Discuss mouthguards for sports.



Adolescence (13-18 Years): Maintaining a Healthy Smile

- Regular dental check-ups and cleanings.
- Address wisdom tooth concerns.
- Continue orthodontic treatment if ongoing.
- Educate on the link between oral health and overall well-being.

Resources & Further Reading

Related guides for this timeline:

■ Kids Dentist Colorado Springs Frequently Asked Questions (FAQ)

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-1afcd4/pediatric-dentistry/FAQ/faqs-html-faq.pdf>

■ Questions for Your Pediatric Dentist (Questions to Ask)

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-843ff9/pediatric-dentistry/Questions%20to%20Ask/faqs-html-questions-to-ask.pdf>

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Partnering with parents for a lifetime of healthy smiles.