Infant and Toddler Dental Care Guide

Ensuring your child's oral health from their first tooth.

Based on Pediatric Dentist Colorado.Html by Cool Mountain Kids Pediatric Dentistry

Step 1: Begin Dental Care Early

Schedule your child's first dental visit by their first birthday or within six months of their first tooth erupting.

- This visit helps establish a dental home.
- It allows the dentist to monitor oral development and provide preventive care.

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Step 2: Focus on Healthy Nutrition

Incorporate fruits and vegetables into your child's diet.

- Fruits and vegetables are good for overall health and can contribute to good oral hygiene.
- Limit sugary drinks and snacks.

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Step 3: Understand Fluoride's Role

Discuss fluoride treatments with your dentist.

- Fluoride helps strengthen tooth enamel and prevent cavities.
- Your dentist will recommend the appropriate fluoride application for your child's age and needs.

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Step 4: Monitor Oral Development

Regular dental check-ups allow the dentist to track your child's tooth eruption and jaw development.

- Early detection of potential issues is key.
- The dentist can offer guidance on teething, pacifier use, and thumb sucking.

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Step 5: Establish Good Oral Hygiene Habits

Begin cleaning your child's teeth as soon as they erupt.

- Use a soft-bristled toothbrush and a tiny smear of fluoride toothpaste (rice-grain size) for children under 3.
- For children 3 and older, use a pea-sized amount of fluoride toothpaste.

Resources & Further Reading

Related guides for this process:

- Infant & Toddler Dental Care in Colorado Springs (Infographic)

https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-64863c/pediatric-dentistry/Infographic/pediatric-dentist-colorado-html-infographic.pdf

- Infant & Toddler Dental Care Checklist

https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-a10c96/pediatric-dentistry/Checklist/infant-toddler-dental-care-checklist.pdf

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Prioritize early dental visits for a lifetime of healthy smiles.