



Passage House Dental Care

modern dentistry for all

Teeth

Babies and toddlers up to 3 years

Teeth usually start to come through at 6 months old, but this varies. By the age of 3 years, most children have their complete set of 20 baby teeth.

Cleaning

As soon as you see a tooth, it is important that you are brushing it twice a day. This will help set a good routine for your child to carry through their life.

Be sure to select the appropriate fluoride toothpaste for their age and use it as directed (unless otherwise advised). As they get older, encourage them to spit out as they brush. Their toothbrush should also be age appropriate so the brush is small and has softer bristles.

Don't forget to brush their teeth in the morning and last thing at night (if they have a milk drink, it is best to clean their teeth after this).

Diet

- Only water or milk should be given in a baby bottle or cup.
- Children should never take a sugary drink to bed with them.
- Try to get a child to drink from a proper cup as soon as possible.
- If you give sugary foods to your children, then it is best to give them at mealtimes rather than snack times.

Visiting the Dentist

It is never too young to start visiting the Dentist. They can come with you to get used to being in a Dental Surgery and as they get older, the Dentist can start introducing them to the chair and mirror, and in time have a look at their lovely new teeth.

REMEMBER THESE THREE SIMPLE STEPS:

1. BRUSH TWICE A DAY WITH FLUORIDE TOOTHPASTE
2. EAT A HEALTHY DIET, NO SUGARY SNACKS BETWEEN MEALS
3. VISIT YOUR DENTIST REGULARLY

To make an appointment email Or call:

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