

For New Parents

Baby teeth  
need care, too.



Why your child should  
visit the dentist by age 1

How to protect your  
baby's smile

 **DELTA DENTAL**<sup>®</sup>

Delta Dental of Illinois Foundation

# Preventing baby bottle tooth decay



Discuss fluoride options  
with your dentist.



Graduate  
to sippy  
cup by  
first  
birthday.



Avoid  
passing  
bacteria.  
Never clean  
a spoon or  
a pacifier in  
your mouth.



Avoid  
sugary  
drinks.  
Finish bottle  
before  
bed and  
nap time.

# Your child's first dental visit

At the first check-up, the dentist will:

- assess your child's risk for early dental decay.
- demonstrate brushing and flossing techniques.
- discuss diet and feeding practices that put your child at risk for decay.
- discuss the use of topical fluoride.
- assess your child's bite, facial growth and development.
- provide information for trauma prevention as your child goes through stages of development.



# Schedule a dental visit for your baby by age 1

The American Academy of Pediatric Dentistry recommends that a child should go to the dentist within six months of getting the first tooth – and no later than the first birthday.

Visiting the dentist by age 1 helps:

- you and your child establish a relationship with a dentist.
- alleviate your child's pain and suffering that can result from untreated oral health issues.
- assist in emergency and future dental treatment.
- reduce future dental treatment costs up to 40 percent by establishing early preventive dental care like check-ups and cleanings.

# Protect Your Baby's Smile Helpful Reminders

When	To Do
Months 1+	<p>Gently clean child's gums after feedings with a damp washcloth to keep bacteria levels low.</p> <p>Avoid passing bacteria to your baby. Make sure you're not putting your child's feeding spoon in your mouth. Never clean a pacifier in your mouth.</p> <p>Never let your baby fall asleep with a bottle filled with milk, juice or other sugary drinks. If your child needs a bottle to fall asleep, fill it with tap water.</p>
Months 5+	<p>Start looking for your child's first tooth to come in.</p>
Months 6+	<p>After the first baby tooth comes in, use a soft toothbrush and a smear of fluoride toothpaste to brush your child's teeth and gums in soft, gentle circles two times a day.</p>
Months 9+	<p>Begin flossing when two baby teeth touch.</p> <p>Find a dentist and make an appointment for your child.</p>
Month 12+	<p>Encourage your child to give up the bottle by his or her first birthday.</p> <p>Get your child to the dentist by age 1.</p>
18+ Months	<p>Begin regular dental appointments every six months.</p>



Be a smart mouth.  
Get your child to the  
dentist by age 1.

Go to [DentistBy1.com/Illinois](https://DentistBy1.com/Illinois) for more information to help ensure your child grows up with a healthy smile or to support the Dentist By 1 initiative.

dentist by 1™

Cavities are nearly 100% preventable.

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