



infant oral health

You can prevent oral disease by starting *EARLY*. Oral disease, especially dental caries (cavities), begins to develop during infancy. The American Academy of Pediatric Dentistry recommends the following measures:

- Infants should not be put to sleep with a bottle. *Ad lib* nighttime breastfeeding should be avoided after the first primary tooth begins to erupt.
- Encourage your infant to drink from a cup as they approach their first birthday; infants should be weaned from the bottle at 12-14 months of age.
- Consumption of juice from a bottle should be avoided; when juice is offered a cup should be used.
- Oral hygiene should be implemented by the time the first primary tooth erupts.
- An oral health consultation should be implemented within six months of the eruption of the first tooth.

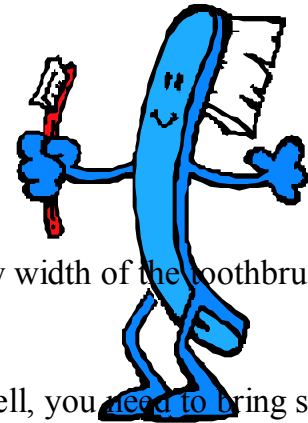
Instructions on Home Oral Hygiene:

INFANTS (birth to one year of age)

- Clean your infant's gums daily before the eruption of the first primary tooth to establish healthy oral flora
- Wrap a moistened gauze square or washcloth around the index finger of the hand and gently massage the teeth and gingival tissues
- Introduce a soft-bristled toothbrush only if you feel comfortable.

TODDLERS (one to three years of age)

- Introduce a toothbrush into the plaque-removal procedure
- Use dental floss beginning around age 2 years
- Use only a pea sized amount of toothpaste, apply along the narrow width of the toothbrush



FLUORIDE SUPPLEMENTATION

Nursing mothers need to drink fluoridated water. If you have a well, you need to bring some water over to the health department and have them test it for fluoride. The cost is minimal. The toughest part is taking the time to bring the sample to the health department.

If you have over 0.6ppm of fluoride, you will not require supplementation (all city water has adequate fluoride). Regular water filters do not remove fluoride, but reverse osmosis filters do remove fluoride. If you have inadequate fluoride in your drinking water, either use infant fluoridated water or ask us for fluoride drops for your child. Some people get Hinckley Schmitt or other bottled water delivered. You can ask for fluoridated water, as the regular supply is not fluoridated.