

7 Dental Tips for Parents



Jodi Pipenbacher
*Dental Hygienist,
Mom of Four*

- 1.** Wipe babies mouth after every feeding, even if no teeth are present.
- 2.** Do not send your child to bed with a bottle containing milk or juice.
- 3.** Be sure to have your baby see a pediatric dentist by age 1. The doctor will examine your child and answer any questions you may have.
- 4.** Start transitioning from the bottle to sippy (or regular) cup starting at age 1. Additionally, no more than 4-6 ounces of juice daily for young children.

5. Brush your child's teeth 2 times daily and help them with flossing. The toothbrush should be the last thing to touch your child's teeth at night.

6. Use a pea sized amount of fluoride toothpaste for children age 3 and older. Additionally, a fluoride rinse is advisable once your child can adequately spit and not swallow the rinse.

7. For optimal health children should see the dentist or dental hygienist 2 times yearly for an exam and cleaning.



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