



Recommendations for Parents

- 1) All babies should be seen for their first dental visit by 12-14 months of age.
- 2) Parents should start brushing their baby's teeth as soon as they come in. Initially, use a wet brush and then finish brushing with a grain size amount of toothpaste on a toothbrush. You can lay your child down to brush their teeth and if they are still uncooperative, you may need to swaddle them in a towel to make brushing easier.
- 3) Avoid putting you baby to bed with a bottle or sippy cup containing fruit juice, sodas, or teas. ONLY 100% water will NOT cause decay.
- 4) Avoid allowing you child to walk around with a bottle or sippy cup containing fruit juice, sodas, or teas. ONLY 100% water will NOT cause decay.
- 5) Be careful not to let you child snack on starchy foods or dried fruit. Some examples are raisins, gold fish, chips, crackers, pretzels, granola, etc.
- 6) If your child has an accident injuring their mouth or teeth, please call us at 828.274.9220. There is a doctor on call to always help you!