



## Dental Care

### The Basics

- Infants generally cut their first tooth somewhere between 6-12 months of age. Around 4 months, infants enter a developmental stage known as the “oral phase.” During this stage, infants love to chew and drool; in other words, the same behaviors that you may see during teething. While sometimes teeth come early, more commonly your baby will act like she is teething for a long time before the first tooth erupts.
- Once your infant starts solid foods, begin wiping the gums with water and a washcloth once a day.
- Brushing with fluorinated toothpaste once a day is recommended starting at 12 months. Use less than a rice-sized amount of toothpaste on the toothbrush. Brush with plain water a second time. Direct application of fluoride to the teeth helps strengthen the enamel and prevent tooth decay.
- A visit to the dentist is recommended starting at 12 months.

### Nutrition

- Avoid having your toddler drink frequent amounts of sugary liquids (milk, juice, etc). More frequent exposure to sugary liquids is linked to greater risk of tooth decay.
- Avoid gummy-types of snacks and vitamins.

### Integrative

- MI paste is a fluoride alternative that also helps to make tooth enamel stronger. It is by script only and is expensive. If you are interested, you may contact Tennyson Pediatric Dentistry.

### Recommended Dental Practices

- Tennyson Pediatric Dentistry: (303) 423-4383
- Southmoor Pediatric Dentistry: (303) 758-6057
- Green Mountain Dental Group: (303) 988-0711
- Stapleton Children’s Dentistry: (303) 399-5437
- Wynkoop Dental: (303) 572-4487

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