

Dental Tips & Hints

Did you know that tooth decay is the most common chronic disease for children, even though it is entirely preventable. Here is a guide to help you and your Children ensure that they have a great start to a life time of good Oral Health

When should my Toddler first see a Dentist?

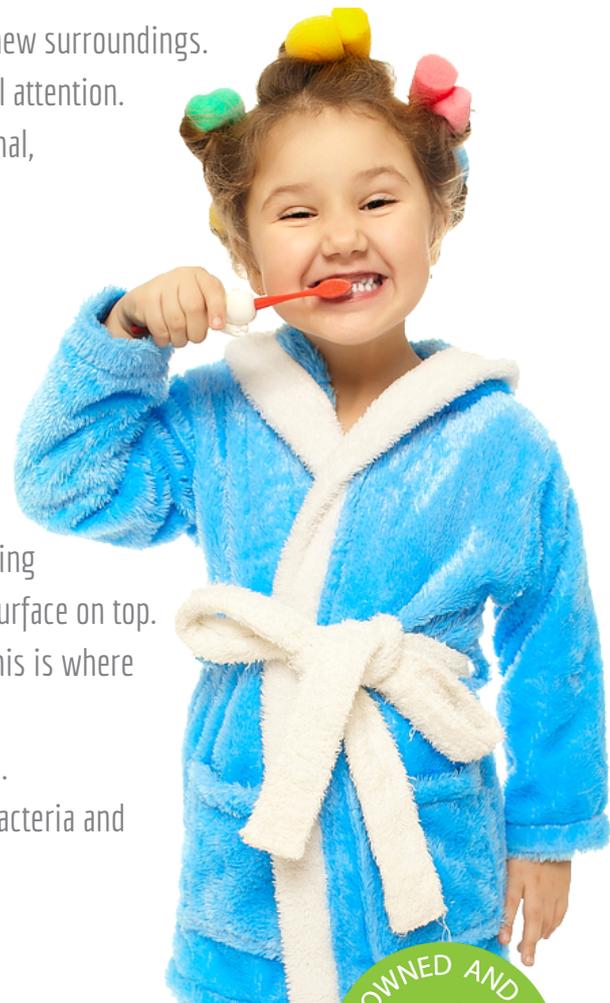
As a rule of thumb it is time for a dental visit when your baby's first tooth becomes visible or they reach 12 months old - whichever comes first. If you notice anything you think is out of the ordinary before this time, contact your local dentist.

Tips for your child's first dental visit include:

- Allow your child to go with you when you visit a dental clinic. The Dentist may offer your child a ride in the dental chair for fun.
- Help children to accept that dental visits are part of a **regular routine**.
- Be **positive** about dental visits and highlight the new, interesting and fun aspect of visiting the dental professional.
- Make your child's appointment **early in the day** so your child is not tired.
- **Arrive before** the appointment time to let your child become familiar with the new surroundings.
- Be a **'passive observer'** and let the oral health professional have your child's full attention.
- It is not necessary to **'bribe'** children to see the dentist or oral health professional, or for parents to be **anxious**.

Teach Your Child to Brush

- Check your child lip or tongue for possible **tongue or lip tie**.
- Brush **twice a day** - after breakfast and before bedtime. If they can, brush after lunch or after sweet snacks.
- Use a **pea-sized blob** of toothpaste (you don't need much), or dental powder.
- Get your child to **gently brush** the inner surface of their teeth back and forth using short circular motions. Then move to the outer surface and then the chewing surface on top.
- Make sure they pay particular **attention** to where the **tooth meets the gum** as this is where plaque builds up.
- Use the tip of the brush to clean **behind** each front tooth - both top and bottom. Remind your child not to be too **rough**. It takes very little pressure to remove bacteria and food and too much pressure can harm the gums.
- Spend **two minutes brushing**. Use an egg timer or play a favorite song.



General Dentistry Emergency Mouth Guards Whitening Crowns



Dental Tips & Advice

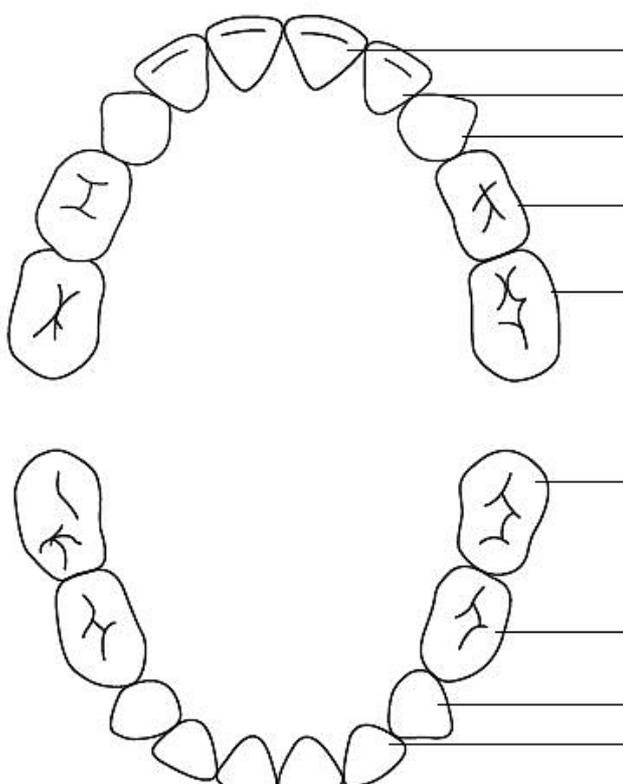
"Tooth Decay is avoidable"

Guide to when teeth appear

As a guide, your baby is likely to sprout their first teeth around **six months old**. Sometimes teeth can come through as early as four months and as late as ten, so there is no need for alarm if teething starts a little early or a little late. If you are **concerned**, don't hesitate to contact your local Dentist.

By the age of **three** all baby teeth should come through and by around **age six** your child will likely start losing them to make way for their adult (secondary) teeth.

Here's a **handy guide** for what age it teeth are likely to erupt, and at what age they are then likely to be lost.



Upper Teeth	Tooth Erupts	Tooth Lost
Central incisor	8-12 months	6-7 years
Lateral incisor	9-13 months	7-8 years
Canine (cuspid)	16-22 months	10-12 years
First molar	13-19 months	9-11 years
Second molar	25-33 months	10-12 years

Lower Teeth	Tooth Erupts	Tooth Lost
Second molar	23-31 months	10-12 years
First molar	14-18 months	9-11 years
Canine (cuspid)	17-23 months	9-12 years
Lateral incisor	10-16 months	7-8 years
Central incisor	6-10 months	6-7 years

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