



A Practical Guide for Parents & Loved Ones

HOW TO CARE FOR BABY TEETH



by Dr. Sara Mahmood DDS MS FAGD FIDIA



www.brush365dental.com



Dr. Sara Mahmood is the Founder & Owner of brush365. She has earned the distinction of Fellow in the Academy of General Dentistry through rigorous coursework and passing a comprehensive exam. She is always seeking ways to learn more and be better. She is a mom to two beautiful boys and married to the love of her life!

WELCOME AWESOME HUMAN

I'm so happy you're here to gain valuable insight on caring for your baby's teeth!

To all the mommies, daddies, uncles & aunts... grandparents, cousins, and anyone else who has a little loved one in their lives...I'm here to tell you you're doing great and I'm so glad you're here! I put this guide together to help you navigate through the many stages in your child's early oral development.

As a mother myself, I know firsthand how tremendous of a job it is to raise healthy, happy children. Caring for your baby's teeth is an important part of instilling good habits and setting the foundation for a lifetime of optimal dental health. Although baby teeth are not permanent, they have a significant impact on your child's overall health and wellness.

Using this guide as a resource, caring for baby teeth will become easy and fun for the whole family!

At brush365, we believe that YOUR smile makes life more beautiful! And we believe that with the right tools and knowledge, you and your children's smiles can stay healthy for a lifetime.

Let the fun begin!

Dr. Sara Mahmood

1

Why are baby teeth important?

Everyday it seems, we learn more about how important oral health is to overall health. Taking care of your baby's teeth is VERY important for not only their oral health but for their whole body growth and development.

BABY TEETH MATTER!

HERE'S WHY

2

Cavities = Infections

A cavity is a true infection and an infection in the mouth is an infection in the whole body. We want to help you prevent cavities from ever forming in the first place! However, if your child does end up developing cavities, don't fret. We want you to have the tools and foundational understanding to know why it's important to treat them.

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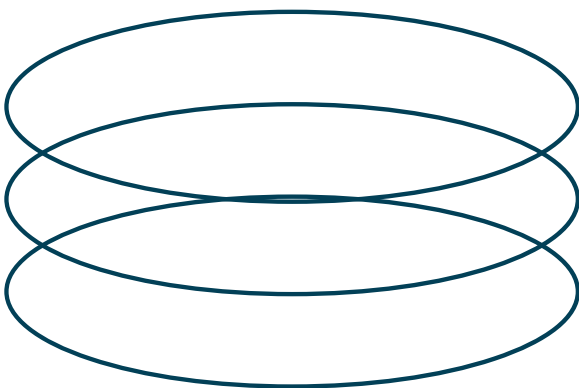
Baby Teeth:

- Allow children to chew, speak, and smile
- Serve as "placeholders" for permanent teeth, allowing them enough room to come in.
- Help facilitate the correct development of your child's mouth and jaw muscles.

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What are the symptoms of teething?

- Poor sleep quality
- Irritability & general fussiness
- Refusing food
- Increased drooling
- Hands in mouth/chewing fingers
- Ear pulling
- Low-grade fever
- Localized areas of puffy, swollen gums



REMEDIES TO TRY:

- **Massage:** massaging your baby's gums can bring immediate relief. Just be sure and wash your hands first!
- **Teething gloves:** these teethers keep your baby's hands out of their mouth while providing pain relief.
- **Teething "lollipops":** we recommend putting in frozen fruit for an added touch.
- **Chamomile:** this plant extract can soothe teething pains naturally!
 - Freeze some chamomile tea into a popsicle!

REMEDIES TO AVOID:

- **Numbing creams** like Orajel. The FDA has warned that these can decrease blood oxygen levels in babies.
- **Teething gels**, which can carry severe risks like allergic reactions, seizures, and blood disorders.
- **Homeopathic teething tablets** - some have been recalled.
- **Liquid-filled teething rings** - due to the risk of bacterial contamination.



TEETHING DO'S & DON'TS

5 THINGS EVERY PARENT SHOULD KNOW

1. Start oral care from infancy!
Starting from infancy, use a clean washcloth after meals to gently wipe your baby's gums. This helps your baby get used to a daily oral care routine.

2. Once your baby's first tooth appears...they're ready for their first dental visit! You can also begin to brush your baby's teeth with a baby-sized tooth brush and a "rice grain size" amount of toothpaste.

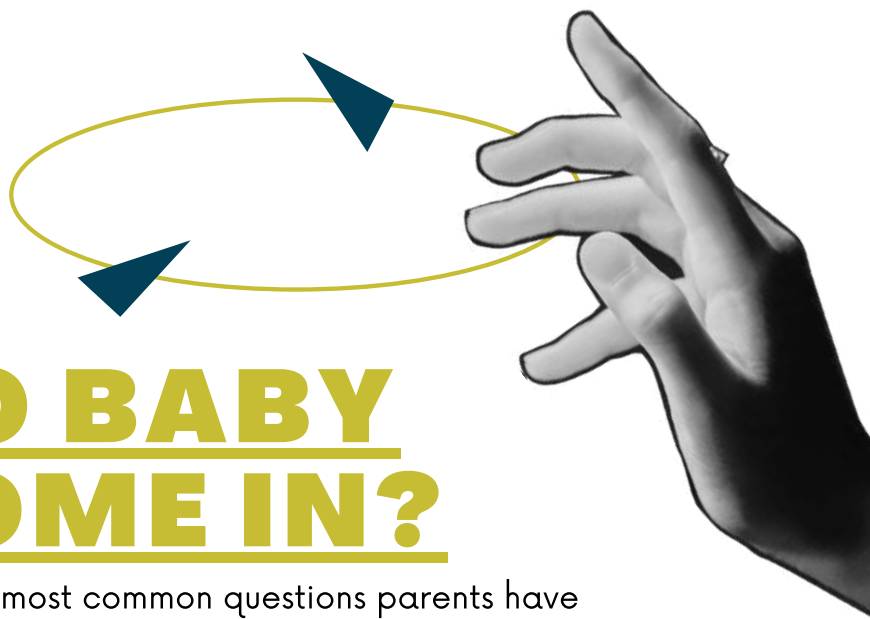
3. You can prevent cavities and "baby bottle tooth decay" by ensuring that you never send your baby to bed with a bottle filled with anything but water! Limiting sugary snacks, sugary beverages, and sticky/hard treats helps to prevent cavities, too.

4. Try to avoid sharing utensils, food, toothbrushes, etc. with your baby. We know it's hard but cavity-causing bacteria can be transferred to your baby! Practicing good oral hygiene care can minimize the risk of passing on tooth decay to your children.

5. You should personally help your child brush their teeth until they are 6 years old! Our tiny humans take time to develop fine motor skills and dexterity. Be sure to assist them in getting all of the surfaces of all of their teeth squeaky clean. Make sure they spit out their toothpaste and don't swallow it!



Common Questions



01.

WHEN DO BABY TEETH COME IN?

It's no surprise that this is one of the most common questions parents have regarding their baby's teeth! While we have charts and graphs that indicate when the likely time frame is for your baby's teeth to "erupt" it's important to note that baby teeth may not always follow the textbook expectations! Visiting your dentist regularly will help us evaluate the health of your baby's teeth eruption sequence.

- Did you know that your baby already has a full set of teeth under the gums waiting to erupt?
- Teething is when the teeth first come through your baby's gums.
 - This can be a difficult time for babies and their parents.
 - Knowing what to expect during teething and how to soothe teething pains can help.

02.

DO ALL BABY TEETH COME IN AT THE SAME TIME?

- Absolutely not! While one baby may have a tooth come out at 6 months, it is perfectly fine if another baby has that same tooth come out sooner or later.
- Multiple factors determine the age of tooth eruption, including genetics and birth size.

...AND WHEN DO THEY FALL OUT?

- Baby teeth start to fall out as the root disintegrates and the tooth hollows, leaving behind a reddish colored tissue underneath.
- It is common for the adult tooth to grow in behind a baby tooth!
 - Having two rows of teeth is not uncommon and is rarely an issue.
 - However, if they are both the same height, the baby tooth may need some assistance in coming out. Go see your dentist!

03.

HOW SHOULD YOU CARE FOR BABY TEETH AT HOME?

You are your child's role model! Setting good habits for your child begins with them watching you display good habits!

Here are some helpful tips:

- Tell - Show - Do: help your child form lifelong habits for brushing their teeth by telling them, showing them, and then letting them try on their own!
- Be positive! Make oral healthcare and positive hygiene habits FUN and interactive! Be sure to give your child plenty of praise and encouragement.
- Start flossing your child's teeth as soon as adjacent teeth start to grow in. Another option is to use a child-size floss pick, made for tiny mouths. Just be sure to be gentle! We also really love WaterPiks.
- Fluoride can be toxic if ingested in large amounts. Be sure your child spits out their toothpaste and doesn't swallow it. Use only a rice-grain sized amount of tooth paste.

TAKING YOUR CHILD TO THE DENTIST

Here's what to expect



Your baby's first dental visit should be when their first tooth comes in or at 6 months old - whichever comes sooner. This allows them to get used to coming to the dentist regularly and learn that dental visits are an essential part of life. Going to the dentist should be fun!

Your dentist will:

- Make sure your baby's mouth is developing correctly.
- Take x-rays as needed (usually starting around 4-5 years old)
- Do a complete examination to make sure the mouth tissue, bite, and teeth eruptions is developing correctly.
- Give you advice for caring for your baby's teeth at home including nutritional guidance.
- Give your baby advice and "pep talk" them into having good habits!
- Use fun verbiage and lingo to keep the dentist visit a safe space (not scary!)
- Polish your baby's teeth to remove any plaque.

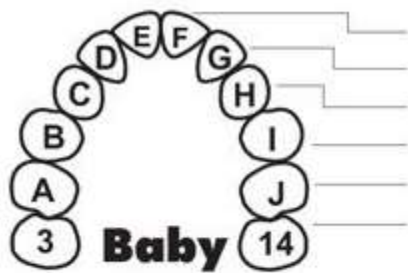
YOUR CHILD HAS LOST A BABY TOOTH

Now what?

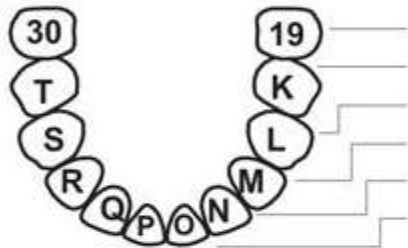
Losing teeth can be an exciting and fun time in your baby's life. After losing a tooth, be sure not to panic. Here are some tips to help you keep your baby's mouth healthy.

- Have them rinse their mouth with warm salt water, especially if there's any bleeding.
- Continue regular oral hygiene. Make sure your child doesn't brush too hard around the empty space because that can irritate the gums.
- Wiggly teeth can make brushing kind of challenging. Make sure your child keeps up their oral healthcare routine, even during the process of tooth loss.
- If you feel like your baby lost their tooth prematurely, you should see your dentist.
- Now that your child's permanent teeth are coming in, their oral health is even more important! These are the teeth we want them to keep healthy for the rest of their lives.
- Don't forget to include the Tooth Fairy to make the process memorable and enjoyable for everyone!

Primary Teeth

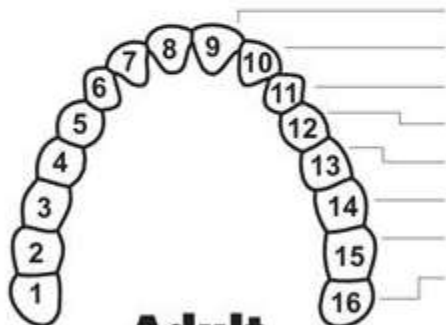


Erupt	Shed	Upper Teeth
8-12 mos	6-7 yrs	Central Incisor
9-13 mos	7-8 yrs	Lateral Incisor
16-22 mos	10-12 yrs	Canine (Cuspid)
13-19 mos	9-12 yrs	First Molar
25-33 mos	10-12 yrs	Second Molar
6-7 yrs	Permanent	First (6-yr) Molar

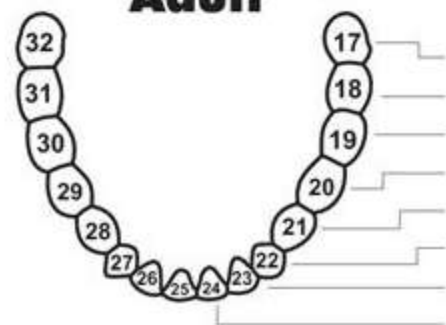


Erupt	Shed	Lower Teeth
6-7 yrs	Permanent	First (6-yr) Molar
23-31 mos	10-12 yrs	Second Molar
14-18 mos	9-11 yrs	First Molar
17-23 mos	9-12 yrs	Canine (Cuspid)
10-16 mos	7-8 yrs	Lateral Incisor
6-10 mos	6-7 yrs	Central Incisor

Permanent Teeth



Erupt	Upper Teeth
7-8 yrs	Central Incisor
8-9 yrs	Lateral Incisor
11-12 yrs	Canine (Cuspid, Eye Tooth)
10-11 yrs	First Premolar (First Bicuspid)
10-12 yrs	Second Premolar (Second Bicuspid)
6-7 yrs	First Molar (6-yr molar)
12-13 yrs	Second Molar (12-yr Molar)
17-21 yrs	Third Molar (Wisdom Tooth)



Erupt	Lower Teeth
17-21 yrs	Third Molar (Wisdom Tooth)
12-13 yrs	Second Molar (12-yr Molar)
6-7 yrs	First Molar (6-yr molar)
10-12 yrs	Second Premolar (Second Bicuspid)
10-11 yrs	First Premolar (First Bicuspid)
11-12 yrs	Canine (Cuspid, Eye Tooth)
8-9 yrs	Lateral Incisor
7-8 yrs	Central Incisor

USEFUL CHARTS



THANK YOU! YOU ARE AMAZING.

I sincerely hope this guide provided you insight into how to best love on your baby and care for their teeth!

You're doing great. You love your child and you're a wonderful caretaker. I mean that!

Keep this guide handy. Share it with family and friends. And if you ever need an honest, no-frills, high quality dental provider, I hope you'll consider brush365.

At brush365, we believe that your smile makes life more beautiful. We feel that you were born to make this world a better place.

If you ever have any questions for me, please don't hesitate to reach out! My email address is drmahmood@brush365dental.com

At brush365 we are proud to be in-network with most insurance. We offer early morning, late evening, and weekend appointments because we understand that many of our patients work traditional hours. We never charge for cleanings (yes, even deep cleanings!). We'd love to care for you and your family.

Dr. Sara Mahmood



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DENTISTRY WITH INTEGRITY