



DENTAL CARE FOR YOUR 1 YEAR OLD

- At age 1 most children have their top and bottom front teeth.
- It is important to brush these teeth TWICE a day.
- It is EXTRA important to brush them JUST BEFORE BEDTIME (wiping the teeth with a wet washcloth can be effective with infants).
- PLEASE do not give your child anything to EAT OR DRINK after you brush their teeth at night. If you give them a bottle to put them to sleep, simply wipe their teeth once you put them in the bed and then take the bottle away.
- Your 1 year old will be getting their one year molars in the back and also their canines. Some children are quite sore when these teeth are coming in. We recommend giving over the counter Tylenol or Motrin as directed by their Pediatrician.
- DIET: SWEETS of any kind are bad for your teeth, ESPECIALLY SWEET LIQUIDS!! Stress drinking WATER or WHITE MILK daily.
- Every 6 months your child should be seen for a check-up appointment that includes cleaning their teeth, a fluoride treatment, and possible x-rays.