

How to take care of baby's first teeth



A 2013 report from the Canadian Institute of Health Information revealed that severe tooth decay and cavities, both of which are highly preventable, are now the leading cause of day surgery in this country among children ages one to five years.

Parents can reduce the risks of dental

decay, however, by teaching good oral hygiene habits from the moment that their baby's first teeth appear. Keep this guideline handy:

- Gently clean newly erupted teeth with a small, soft toothbrush.
- Check for early warning signs by lifting up baby's top lip. White, chalky teeth, or brown or black stained teeth, indicate a problem. Contact your dental professional immediately.
- Avoid fruit punches and other sweetened drinks in baby bottles and sippy cups, especially before bed.
- Don't dip pacifiers in sugary substances.
- Introduce fresh fruits and vegetables to baby's diet when appropriate and encourage healthy eating always.
- Begin regular dental visits by age one.

Additional tips and information are available online at www.dentalhygienecanada.ca.