

### When should we start brushing our child's teeth?

Even before the first tooth appears, parents should use a soft, damp washcloth or soft bristle brush and start brushing a child's gum. This stimulates blood flow, strengthens gums and begins the habit of regular teeth brushing.



### Should we use fluoridated toothpaste for our children, how frequent and how much?

Brushing a child's teeth with fluoridated toothpaste twice a day is necessary to prevent cavities. A very small amount (pea size) of toothpaste should be used for children above the age of 3 and smear layer (see image below) for children under the age of 2 years old.

**Allow us to work with you to make your children's oral health optimal and their dental experience memorable and positive!**



## My Child's First Dental Visit

### Contact Us

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## Background

Early Childhood Caries (ECC) is harmful to your child. Caries is the scientific name for a cavity, and in children under the age of six, ECC is one of the most common chronic childhood diseases in the world.

**According to a study conducted in 2014 by the University of Dammam, 70% of children in Saudi Arabia who are under the age of five have one or more dental cavities.**



ECC is the cause of many health problems in children including discomfort, added risk of infection, missed school days and related poor academic performance, early loss of teeth and a negative impact on overall health. Therefore, scheduling your child for a dental screening at the age of one is critically important.

## FAQ's

### When should my child visit a pediatric dentist?

According to the American Academy of Pediatric Dentistry (AAPD), parents should schedule an appointment for their child with a pediatric dentist when the first tooth emerges. Establishing a "Dental Home" early helps build a positive experience and begins to create a trusting relationship between the child and the dental team.

### How frequent should my child see a pediatric dentist?

Children between the ages of 1-3 should visit their dentist every 3-6 months, especially for children at medium to high risk for ECC.

### How can we prevent tooth decay from night nursing and using a feeding bottle?

According to the AAPD and the American Academy of Pediatrics, infants should be weaned from a feeding bottle by 12 months of age and should never be bottle fed at night. Milk and other liquids contain sugar that is not only harmful to the teeth but can cause other health issues.

### What happens during an infant screening appointment?

An infant oral exam consists of a medical history review, dental examination using a Knee to Knee exam (see picture), dental risk assessment and a fluoride application. The pediatric dentist will discuss your child's oral health status, oral hygiene and brushing practices, how to prevent trauma and oral habits to avoid as well as provide diet counseling.



### Why so early?

Advanced research in pediatric oral health shows that children who are seen early, preferably by age one, are more likely to be given a prevention plan that is tailored to his or her specific needs.