

# Tooth Matters

A Guide for Healthy Teeth for Your Baby and You

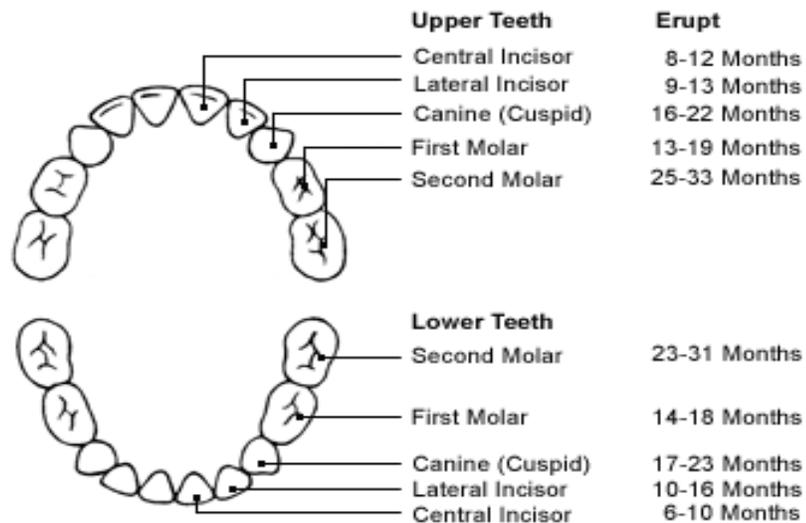
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GOOD ORAL HEALTH = GOOD HEALTH!

## The Importance of Baby Teeth

Baby teeth begin to develop during the second trimester of pregnancy, even though teeth do not appear until about 6 months of age. Baby teeth are an important part of your baby's development. These tiny treasures help baby chew foods, speak, and they hold the space for the permanent teeth that are already growing under the gums. The chart below shows how baby teeth grow and at what age.

### Primary Tooth Eruption Chart



*The first Baby Teeth appear around 6-7 months of age.*

*By the age of three, all 20 primary teeth will have erupted.*

*Primary teeth are important for nutrition, speech, and self esteem.*

*Baby teeth shed naturally beginning around age 6 and with the last teeth shedding around the age of 13.*

During the months your baby is teething, he may appear fussy, but some extra time and these quick tips can help. Chill teething rings before giving them to your baby. Try rubbing baby's gums with a cold spoon or a wet, cool clean cloth. This will help ease the pain.

### Keep Baby Teeth Healthy – Start Early!

Plaque, thin sticky bacteria that forms in the mouth is not present at birth. Once present, plaque continues to grow unless it is removed. Bacteria such as plaque grow by feeding on sugars and starch found in foods. Clean baby's gums after every feeding with a soft, clean cloth or gauze pad.

Tooth decay, called Baby Bottle Tooth Decay or Early Childhood Caries can occur in infants. This happens when liquids (even breast milk) pool around the teeth while your baby sleeps. Never put baby to bed with a bottle filled with formula, or other sugary liquids. Introduce a cup to your baby by her first birthday. As soon as a child's first tooth appears, brush teeth using a soft toothbrush and water. Children under six should use a seed-sized amount of toothpaste, and brushing should be supervised by parents.

Your dentist or pediatrician will let you know when to begin using fluoride toothpaste or other fluoride supplements. Remember: tooth decay is an infection and causes pain if left untreated. Baby Teeth are meant to last 6-12 years; so take care!

***Sir Brush-A lot has these tips in mind for healthy smiles:***

- 1. Eat fresh fruits and vegetables, and whole grains.*
- 2. Drink plenty of water, and limit sugar, juice and starchy snacks.*
- 3. Fluoride is an important mineral that prevents tooth decay.*
- 4. Visit the dentist at least 2 times per year for the best dental health.*
- 5. Help small children brush teeth to be sure they clean tops and bottoms, front and back.*
- 6. Don't forget to brush the tongue!*
- 7. Tooth Decay is Preventable!*

## **First Visit by the First Birthday**

The American Academy of Pediatric Dentistry recommends that you take your child to the dentist around six months of age. These first appointments may be a little scary, so be sure you are both well rested and relaxed. Remember to bring his favorite toy or blanket.

Dental problems, such as baby bottle tooth decay can start early, and may look like white or gray spots on baby's teeth. Scheduling your child for her first visit around six months of age will help set a routine for good oral health care that lasts a lifetime. On the first visit, the dentist will look in your child's mouth to make sure teeth are growing normally, and to look for signs of early decay. Your dentist will talk to you about brushing and nutrition, and any harmful habits such as thumb-sucking or pacifier use. Most dentists suggest that toddlers stop using pacifiers or thumb-sucking by the age of two. The dentist will also let you know if your child needs a fluoride supplement in addition to daily brushing, and when to begin flossing for older children.

Expect your child to have his teeth professionally cleaned beginning around age three. The majority of dentists do not recommend dental x-rays until age 6 unless he/she feels it is needed to diagnose decay or other dental problems.

### **Fluoride Facts**

Fluoride is a mineral found in the earth. It is most commonly found in drinking water or fluoridated toothpaste, but some areas, like Venango County don't have fluoride in the drinking water. In those areas, you may need fluoride supplements such as tables or drops prescribed by your dentist or pediatrician. Fluoride helps prevent tooth decay by strengthening tooth enamel, and reducing the ability of oral bacteria to produce acid.

Parents and caregivers should ask the dentist when to begin using fluoridated toothpaste for children. Parents should supervise tooth brushing in small children, and make sure the child rinses and spits out any remaining toothpaste.

Fluoride varnish will be applied by a dental professional as part of your child's routine visits beginning around age 6.

### **Dental Sealants - An Ounce of Prevention**

Dental sealants are a clear plastic film that is applied to the chewing surfaces of the back teeth. The plastic film bonds to the teeth and forms a barrier to protect the teeth from bacteria.

Sealants are recommended for children when the first permanent teeth erupt. First molars appear around age 6 and second molars are usually present around age 12. Sealants are applied by a dental professional in a simple procedure that does not hurt. First teeth are cleaned and rinsed, and then a mild acid gel is applied to the tooth which helps the sealant bond to the tooth. Sometimes the dentist will use a special light called a "curing light" to help the bonding process. Sealants can last five to ten years, and children should avoid sticky candies such as taffy, caramel and sugary gum to avoid pulling sealants off.

Sealants are an effective way to prevent tooth decay and are covered by Access and other insurance plans.

**What your child needs to grow and maintain a healthy smile?**

Carbohydrates:  
Breads, rice, pasta and sugar in small amounts provide energy and fiber

Protein:  
Meat, nuts, eggs build and repair the body, help fight infections, and supply energy.

Fats:  
Fats are needed for healthy brain development. Fats carry vitamins A; D, E and K. Do not limit fats in baby's diet.

Minerals:  
Fluoride, calcium and others minerals build strong bones and teeth, and healthy red blood cells.

Vitamins:  
Help release energy from carbohydrates, fats and proteins.

Water:  
Essential for life!

**The Salvation Army  
Dental Center  
217 Sycamore St  
Oil City, PA 16301  
814-670-0374  
814-670-0376 (fax)**

**Good Nutrition – Make it Count!**

When choosing the foods that your child needs, it helps to plan ahead and if you are organized. Children grow and develop at different rates, and need different things depending on her age. Plan meal times shortly after play time. Encourage your child to try new foods, but don't get frustrated. A toddler may need to have a new food introduced 6-10 times before she decides to try it. Parents and caregivers should measure portions based on the child's size. As your child matures, the portion sizes will gradually get larger. Children will quit eating when they are full, so try not to worry about your child getting enough to eat.

**Using the Food Pyramid – Variety is the Key to Success**

Here are some sample guides for planning meals and snacks as your baby grows. (adopted from the US Department of Agriculture)

**Daily Meals for Infants (quantities are for each serving)**

Food Types	Birth- 3 months	4-7 months	8-11 months
Breast milk or formula	4-6 fluid ounces	4-8 fluid ounces	6-8 fluid ounces
Infant Cereal	-	0-3 tbsp	2-4 tbsp
Fruit or Vegetable	-	-	1-4 tbsp
Grains (bread, crackers)	-	-	½ slice or 2 crackers

**Daily Meals for Children (quantities are for each serving)**

Food Types	1 to 2 years	3 to 5 years	6 to 12 years
Whole Milk*(fluid)	½ Cup	¾ Cup	1 Cup
Fruit or Vegetable Or Fruit Juice*	¼ Cup	½ Cup	¾ Cup
Whole Grain Bread	½ Slice	½ Slice	1 Slice
Cold or Hot Cereal	¼ Cup	¼ Cup	½ Cup
Cooked Pasta	¼ Cup	¼ Cup	½ Cup
Meat, Poultry Fish	½ ounce	1-1½ ounce	2 ounces
Cheese	1 ounce	1- 1½ ounce	2 ounce
Eggs	½	¾	1
Cooked dry beans or peas	¼ Cup	½ Cup	½ Cup
Peanut Butter	2 TBSP	2 TBSP	4 TBSP
Nuts and Seeds	½ Ounce	¾ ounce	1 ounce
Yogurt	4 ounce	6 ounce	8 ounce

\*Whole milk is recommended for children 1-2 years of age. Limit sugars and fruit juices.

## **COMPLETE DENTAL CARE**

Our goal at the dental center is to establish a dental home for you and your family. Comprehensive dental care includes:

### **Preventive Care**

Examinations  
Digital X-rays  
Cleanings  
Hygiene Education  
Fluoride  
Sealants

### **Restorative Care**

Fillings  
Crowns  
Root Canals  
Dentures  
Periodontal Services  
Extractions

**Payment is Easy!**  
**We accept Cash,**  
**Debit Cards,**  
**VISA, MC,**  
**Checks or Money**  
**Orders.**

## **WELCOME!**

The Salvation Army Dental Center is located in downtown Oil City. We are convenient to public transportation and offer free on-site parking. Call for an appointment today!

Monday through Thursday  
8:00a.m.—4:00 p.m. by appointment  
**814-670-0374**

## **NEW PATIENTS**

Each new patient will be asked to complete a health history and consent for the first visit. Remember to bring these things with you to every appointment:

- Insurance Cards for all family members
- Photo Identification
- Phone Numbers for your doctor or Pediatrician, or previous dentist
- List of Current Medications
- Dental Records and X-rays(if available)
- Statement of Income (sliding scale)

Plan for at least one hour for the first appointment to set up your record and to complete the initial examination and x-rays.

If you bring children to the office for services, please remain in the office while your child is under our care. If treatment is necessary, you will be asked to sign consent for treatment during that visit.

## **CONTINUING CARE**

We will send you a postcard to schedule a recall visit every six (6) months. Simply call us when you receive the card to schedule your appointment. We will verify your address, telephone number and insurance information at every visit.

## **MAKING YOUR APPOINTMENT**

The dental center is staffed with general dentists, dental hygienists and dental assistants to provide you with the highest level of care in order to maintain good oral health.

The appointment time has been reserved just for you, so please arrive on time. If you must re-schedule, we appreciate at least 24 hours notice so that we can fill the appointment with another patient.

If you break one appointment without notice, you may re-schedule without a penalty. If you break more than 2 appointments without notice, we reserve the right to charge a refundable re-scheduling fee.

## **PAYING FOR SERVICES**

We participate in Medical Assistance and CHIP insurance plans and we also offer an income-based reduce fee plan for individuals without insurance.

If you require extensive restorations, we will prepare a treatment plan and a payment schedule in advance. Note, we must collect at least 50% of the total payment prior to beginning treatment to cover lab cost, and the balance will be due before we can place the final restorations. We appreciate your business and will work hard to make each visit as affordable as possible.