

The New Mom's Guide to Your Baby's Mouth & Teeth



Being a new mom is a great challenge and an amazing responsibility. As a new parent, you're probably searching for the best ways to raise a happy, healthy child. One great way to improve your child's overall health is by paying attention to their oral health at an early age. Here's some do's and don'ts for new moms, and how they can care for their child's mouth.

Don't Ignore Cleaning Your Baby's Mouth

Unfortunately, many people think that oral care begins when the first tooth emerges, but that's far from the case. Don't ignore cleaning your child's mouth, or they could develop oral health issues, and dental problems.

Do Clean Their Gums Regularly





AMERICA'S PEDIATRIC DENTISTS

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The American Academy of Pediatric Dentistry advises that parents begin cleaning their baby's mouth from day one. New moms can use an infant toothbrush or a soft cloth soaked in cool, clean water to clean their baby's gums after nursing. Parents should clean their infant's gums daily, and after each meal they have.

Don't Send Your Baby to Bed with a Bottle

Many parents send their babies to bed with a bottle to calm them down, and help get them to sleep. Unfortunately, this exposes their teeth to sugar for a long period of time and can lead to early childhood cavities. This is often called "baby bottle tooth decay," and it is easily preventable: simply don't send your baby to bed with a bottle of milk or juice.

Do Let Them Have a Drink Before Bed

If your child is thirsty, then absolutely give them something to drink before bed, just make sure that it's water or watered-down juice. If they must have a bottle to go to sleep, fill it up with water so that they still have something to comfort them while they sleep.

Don't Put Off Seeing a Pediatric Dentist

We understand that the life of a new parent is busy and often chaotic, but don't put off a visit to the pediatric dentist. Pediatric dentists have 2-3 years of extra schooling and are specifically trained to care for children's teeth. After their first visit, the AAPD suggests parents take their children to the pediatric dentist every 6 months.

Do Schedule an Appointment with Our Office



The American Academy of Pediatric Dentistry advises that parents take their infants to the pediatric dentist as soon as their first tooth emerges – which is around the six-month mark. We love serving families, and helping guide them to oral health success – and we'd be happy to see you! Call our office to schedule a stress-free first visit, and get your child a leg-up on their oral health today.

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