North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire

myhealthunit.ca

Six to 12 Months



Six to 12 Months

Baby teeth are important

- They hold space for the permanent teeth to come in.
- They make chewing and eating easier.
- They help form the shape of your child's face.
- They make it easier for your child to speak more clearly.

Teething relief tips

- Provide a clean, moist and cool facecloth to chew on.
- Apply light rubbing pressure on the gums with a clean finger.
- Provide a solid teething ring.
- Avoid giving food in place of a teether, due to choking risk.
- A dental professional can suggest safe and effective relief tips for your child's discomfort.
- Do not mistake high fever, diarrhea and ear rubbing for teething. Consult your doctor.
- Continue to clean your child's teeth and gums twice a day with a small soft-bristle toothbrush and water.

Introduce an open cup as soon as 6 months. This helps the development of your child's hand and mouth skills and support speech development. Sippy cups can prevent good oral health development.

First Dental Visit

Your child should see a dental professional within 6 months of their first tooth appearing, or no later than 12 months of age. The Health Unit offers **FREE** dental screening for children. **What to expect:**

The dental hygienist will:

- give your child a ride in the dental chair.
- count your child's teeth as they look in their mouth using a small mirror.
- discuss what has been observed.
- answer questions or concerns that you may have.
- explain programs that may be available to your family.
- give your child a new toothbrush and a toy.

Before the appointment

- Talk about dental care in a fun and positive way.
- Avoid saying things like: "It won't hurt" or "There won't be a needle".
- Read your child a book or show them a children's video about brushing teeth.
- Make sure your child gets a good sleep the night before the appointment.

Together, let's make your child's first visit a positive experience. It's the beginning of a great journey where your child feels safe and comfortable in a dental setting.

Call the Health Unit to inquire about available dental programs for *eligible* children, adults and seniors at **1.800.563.2808** ext. **5227.**

my*healthunit*.ca/DentalHealthPackages

North Bay Parry Sound District Health Unit
Bureau de santé du district de North Bay-Parry Sound

Oral Health
Santé buccodentaire
my*healthunit*.ca

SEE REVERSE