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

Oral Health
Santé buccodentaire
myhealthunit.ca

One to 3 Years Old



One to 3 Years Old

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.

Under 3 years old

- Your child's teeth should be brushed by an adult twice a day for two minutes, especially before bedtime.
- Brush your child's teeth using a small, soft-bristle toothbrush moistened with water only.
- Start flossing their teeth every day as soon as there are two teeth touching.

Once they turn 3 years old

- Use a pea-sized amount of fluoride toothpaste.
- Let your child practice brushing their teeth, then you complete the brushing and flossing.
- Teach them how to spit out extra toothpaste and avoid swallowing it.
- Show your child a healthy dental routine. Lead by example.

Other important tips

- Avoid sugary drinks and snacks when possible. Offer fruits, vegetables, yogurt or cheese with a cup of water instead.
- Routinely lift your child's lip once the top front teeth start coming in. If you notice anything unusual, visit a dental provider.
- Only offer water at bedtime after their teeth have been brushed to help reduce the risk of tooth decay.
- Limit the use of a soother to naps and at bedtime.
- Prolonged thumb sucking can change the shape of the roof of the mouth, causing teeth to grow in crooked. Help your child break this habit by the age of three. Ask your dental professional for tips.

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

SEE REVERSE