

Sweet Tooth

Pediatric Dentistry

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TOP 5 TIPS
for your baby's smile



First Visit by the First Birthday

The American Academy of Pediatric Dentistry recommends that your child see a pediatric dentist by 12 months of age to receive early examination and preventive care to get him started on a lifetime of good dental habits.



Little Teeth, Big Problems

Believe it or not, even babies can get cavities. Untreated baby teeth with decay can become infected and cause dangerous complications. Healthy baby teeth are also important for proper form and function, and to allow the permanent teeth to develop normally with adequate space.



Sip Smart

Never let your baby fall asleep with a bottle filled with anything other than water, and always avoid putting juice in a bottle. If she uses a sippy cup, hard tipped ones are best. Only offer water in between meals and limit juice to less than 4 ounces, once a day.



Brush, Brush, Brush!

As soon as the teeth erupt, they should be brushed twice a day with fluoride toothpaste. Because babies are not able to spit, only a tiny “smear” of toothpaste is recommended under the age of 2. If the teeth are touching, you'll also need to use floss to clean out any food or bacteria that bristles can't reach.



Teething Blues

Signs of teething include crankiness, lack of appetite, and excessive drooling. You can relieve discomfort with frozen teething toys, a cold wet washcloth, or by gently massaging the gums. Acetaminophen (Tylenol) may help soothe sore gums before bedtime.

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