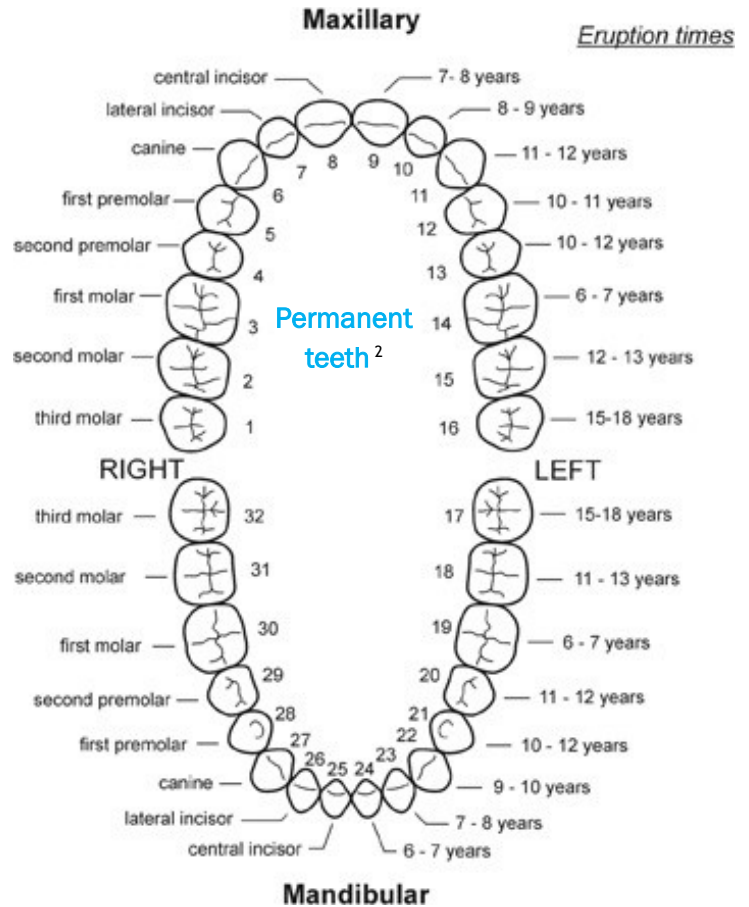
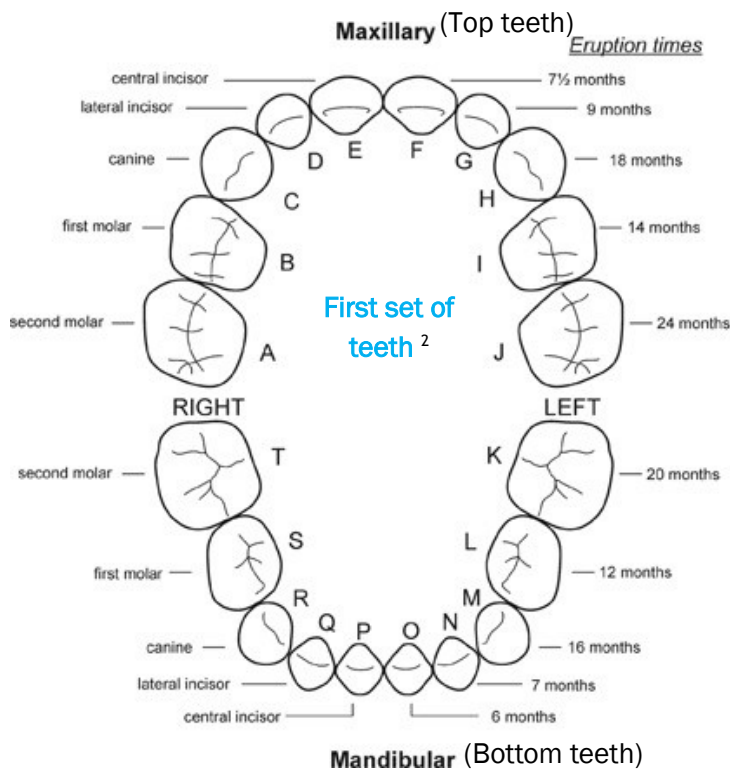


Tooth Truth

-A Parents Guide-

TEETHING

Teething typically begins around 6 months old, but can occur over a larger range of months. If teething hasn't begun by 18 months, the child should be taken to the dentist for evaluation.¹



Symptoms¹

- Crying, fussy, or irritable
- Chewing on objects
- Rubbing gums and ears
- Mildly increased temperature (<100.4°F)
- Difficulty sleeping
- Red cheek or rash on cheek
- More drooling than usual
- **Consider other cause** when fever is above 100.4°F or if diarrhea is present. In this case the child should be evaluated for a different cause such as a bacterial infection.

Treatments- Palliate the pain¹

- Soothe the gums by cooling objects they chew on such as chewing ring, spoon, or pacifier.
- Make tea popsicles or freeze a washcloth dipped in a tea: chamomile, licorice, lemon balm, passionflower, rose, or catnip are child friendly herbs that can soothe their pain.
- Over the counter: Ibuprofen for 6 months and older, and Tylenol for 3 months and older.

TOOTH CARE

By 3 years old, the child should have their first set of teeth and from 6 to 12 years old those teeth are replaced by permanent teeth.¹ Appropriate tooth care is important for preventing cavities.

Brushing Teeth¹

- Begin brushing once the first tooth has appeared.
- Brush 2 times a day, and floss to remove food between teeth.
- Tooth paste:
 - For children under 3 years old, smear a rice grain size amount of toothpaste on half of a child-size toothbrush (as seen in image on the right), and for children 3 and over use about the size of a pea.
 - Fluoride toothpaste has been recommended for all children because of its ability to remineralize teeth and prevent cavities. However, for children 8 years old and under, there is a risk of it causing dental fluorosis.³ **Hydroxyapatite toothpaste** is a safe alternative and has been shown to be equally effective at remineralizing teeth and preventing cavities.⁴



Going to the Dentist¹

It is recommended to go to the dentist by the time your child is 1 year old. Schedule this appointment several months in advance, as many pediatric dentists have full calendars.

Preventing Cavities¹

- This starts with the caregivers. Better oral health of the caregivers leads to better oral health of the child. This is due in part to cavity causing bacteria spreading to the child before their first teeth come in from kisses or sharing cups and utensils. Using xylitol gum or mints before potential saliva contact can be preventative.
- Refrain from giving your child sweets, juice, or carbohydrate high snacks before bed, and in general limit these to help prevent cavities.
- Breast feeding has been found to help prevent cavities in comparison to bottle fed infants.⁵ Additionally, refrain from giving a bottle at bedtime because milk is high in sugar.
- One larger dose of sugar during the day is better than multiple sugary snacks throughout the day.

Lost tooth

If a whole tooth gets knocked out at the root, you may be able to save the tooth by immediately putting it into cows milk and go to the Emergency Department to have the tooth placed back in.

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