



FOCUS ON DENTAL HEALTH

# Protecting Your Little One's Smile



## Baby Brushing 101

When it comes to teething, the bottom front teeth are usually the first to develop, starting around the six month mark. Whether your baby starts teething early or late, it's important to keep dental hygiene in mind. To help you get started, we've compiled some tips to help brighten your baby's smile<sup>1</sup>.



- Brush twice per day, after meals and before bed
- Use a tooth brush or finger brush that is soft with no more than three rows of bristles
- Replace the tooth brush frequently<sup>2</sup>



- Fluoride toothpaste is safe to use with babies
- Using it early on will actually provide extra protection for your baby's developing teeth
- It's recommended to use no more than a rice-grain sized amount of toothpaste<sup>3</sup>



- If your baby is upset or uncomfortable, try singing a song to help distract and soothe them through the process
- You can also try letting your baby play with the toothbrush before using it to build familiarity and curiosity<sup>2</sup>

## Baby's First Dentist Appointment



### What to Know:

- ✓ It's recommended to schedule your baby's first dentist appointment with a pediatric dentist by 12 months of age or within six months of their first tooth appearing.
- ✓ Be sure to arrive with any questions or concerns you may have about your child's dental health.
- ✓ Their first visit will likely include a full exam of the teeth and mouth to assess growth and development<sup>4</sup>.

All TruAssure dental plans are offered in association with the DenteMax Plus dental network arrangement, which includes dentists from the following dental networks: United Concordia, DenteMax and GEHA Connection Dental Network.



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The information contained above is intended to be educational in nature, does not constitute medical advice and should not be relied on as a substitute for actual professional medical advice, care or treatment. If you have any vision or other health related concerns, VBA encourages you to immediately contact your optometrist/ophthalmologist, or any other competent, licensed, medical professional.

1. NHS (<https://www.nhs.uk/conditions/baby/babys-development/teething/tips-for-helping-your-teething-baby/>) 2. What to Expect (<https://www.whattoexpect.com/first-year/teething/brushing-baby-teeth.aspx>) 3. Cleveland Clinic (<https://health.clevelandclinic.org/caring-for-childrens-teeth/#:~:text=Once%20teeth%20start%20to%20develop,can%20develop%20severe%20tooth%20decay>) 4. Stanford Medicine Children's Health (<https://www.stanfordchildrens.org/en/topic/default?id=a-childs-first-dental-visit-fact-sheet-1-1509#:~:text=The%20first%20visit,-Your%20child's%20first&text=The%20first%20dental%20visit%20is,to%20check%20growth%20and%20development>) 5. NHS (<https://www.nhs.uk/conditions/baby/babys-development/teething/tips-for-helping-your-teething-baby/>) 6. CDC (<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>)

## Teething Tips



Common teething symptoms include sore/red gums, mild increase in temperature, excess drool and increased chewing on toys<sup>1</sup>.



A chilled teething ring can help soothe and distract your baby from the pain<sup>5</sup>.



Excess drooling is common during teething. Gently wipe their face to prevent a rash<sup>5</sup>.

## Did You Know?



To prevent bacteria and sugars from building up, wipe your baby's gums twice a day with a soft, clean cloth<sup>6</sup>.



It's recommended to start flossing your baby's teeth once there are two teeth side-by-side<sup>3</sup>.



The majority of your child's primary teeth will appear by the age of three<sup>3</sup>.