



# Your Dental Health

by Zane Broome, D.D.S.



## BRUSHING BABIES' TEETH

As soon as baby's first tooth appears, usually around six to eight months of age, it's time to start brushing. You can brush baby's first teeth using water and a soft wet cloth or child's toothbrush to clean all surfaces of the teeth. Brush or wipe gently in circles along the gumline. Doing this twice a day will create good habits for your child who will come to expect teeth brushing as part of their morning and bedtime routines. Use only water until eighteen months of age and then switch to a children's toothpaste. Start with a small amount, about the size of a grain of rice. Around age six you can begin using a pea-sized amount of toothpaste.

The importance of baby teeth cannot be overstated, just as conscientious dental care should not be overlooked. Taking care of these little pearls as soon as they appear paves the way to a future healthy dental profile. Let us help promote your children's healthy mouth and brilliant smile. Taught early enough about the importance of taking care of their teeth, children can learn to make a habit of daily brushing and flossing. We have convenient office hours at MONADNOCK DENTAL ASSOCIATES, 123 Main Street, Jaffrey; please call 603-532-8720.

P.S. When young children swallow their fluoride toothpaste, it can lead to a condition called fluorosis that causes permanent pits and staining in teeth.

*Ask our staff how to become part of our **Whitening for Life Team***

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