



harbour house
CHILDREN'S DENTAL CARE

Visit the dentist at 1 Year old. This can help your Child in many ways.

- ◆ Children become less fearful of the dentist when visits start at a younger age
- ◆ Children are at risk for cavities as soon their first tooth comes in
- ◆ Cavities grow much faster in baby teeth, but when caught early it's easier to fix
- ◆ You and your child can learn how to prevent cavities with the right types of food & proper oral care
- ◆ You can learn more about habits like thumb sucking and pacifiers



T +1 (807) 344 6000
F +1 (807) 344 6001



43 Court St. North
Thunder Bay ON, P7A 4T5



www.harbourhousedental.com
info@harbourhousedental.com

Infants & Toddlers

Here are some tips for healthy teeth

Do:

- ◆ **Brush And Floss Their Teeth Twice A Day**
Children usually need help until 7-8 years of age.
- ◆ **Visit The Dentist Every 6 Months**
The more consistent the visits, the better the reports.
- ◆ **Drink A lot Of Water**
This helps keep teeth healthy and strong. White milk and water are the best liquids for teeth.
- ◆ **Use Fluoride**
Use fluoride toothpaste as soon as the first tooth comes in. Smear the size of a grain of rice for children under 3. Use a pea size amount for Children over 3.
- ◆ **Snack On Xylitol Gum**
If children want something sweet, this should curb the cravings and it's good for teeth.

Don't:

- Let your child fall asleep with a bottle or sippy cup
- Let your child sip on milk and juices throughout the day
- Let your child eat high sugar foods
- Avoid :

Starches:

chips
dried cereal
white bread
goldfish crackers

Sweets:

candy
cookies
cupcakes
chocolate
gummy fruit snacks
dried Fruit

Hidden Sugars:

fruit yogurt
ketchup
granola bars
pasta sauce
honey
bananas

