

Find an Age 1 Dental Champion!



To find dentists in Maine that see children for the age 1 dental visit go to our website at www.fromthefirsttooth.org and look up "Age 1 Dental Champions".

If there are no dentists near you, ask your own dentist or your child's pediatrician.



Visit our website for recommendations on how to care for your child's mouth and gums at home during the first year!

www.fromthefirsttooth.org



Dental Fun
Starts at 1!



Baby's 1st Dental Visit

Why is oral health important during my baby's 1st year of life?

We need to start caring for your baby's teeth as soon as they start to grow. Baby teeth have many important jobs, like:

- Chewing food
- Helping with speech development
- Acting as placeholders so permanent teeth grow into the right places



Baby teeth can get holes — also called cavities — as soon as they grow in, which can be as early as 6 months old. If they are not treated, cavities can cause:

- Pain
- Infections
- Lead to more expensive dental treatments

What is important about the 1st dental visit?

Experts recommend that children see a dentist by their first birthday and here's why:



- Kids and families start a relationship with a dentist early on, starting good habits early to avoid cavities.
- Dentists can spot early tooth decay and teach parents how to prevent more decay in the future. This helps save money!
- Dentists can show you the best way to brush your child's teeth and talk about which foods and drinks are best.
- To give your child a positive first experience with a dentist so they will want to come back!

What can I expect at the 1st dental visit?

- At this appointment, your child can be placed on your lap for a knee-to-knee exam to help make them (and you!) feel more comfortable. The knee-to-knee position helps the dentist complete the quick exam of your child's mouth and teeth.
- It's okay if your child fusses or cries! At this age it is completely normal, and the dentist can still see in their mouth.
- After looking in their mouth, the dentist may brush your child's teeth and apply fluoride.
- If they see decay or something unusual, they may need to do an x-ray.
- At the end of the first visit, your child's dentist will talk with you to decide how often your child should come back for check-ups.

For even more information on caring for first teeth visit: www.fromthefirsttooth.org