

## Age One Dental Visit – 101

- **Schedule Visit**
  - Your child's first dental visit should take place after the first tooth appears, but no later than the first birthday
- **Medical History**
  - A parent/caregiver will provide a child's complete health history to identify any health concerns and previously diagnosed medical conditions. Ideally, if you can fill out these forms in advance that will save time during the appointment.
- **Dental Exam**
  - Your dentist will examine your child's teeth typically held in a knee-to-knee format for very young children. The knee-to-knee format is where the child's caregiver will hold the child and lean the child back toward the dentist so they can look at their teeth, gums and mouth. A dentist may apply a fluoride varnish to help protect against cavities.
- **Education**
  - The dentist will educate you on how to best take care of your child's teeth. A demonstration will be provided to show you how to brush and floss your child's teeth effectively. The dentist will also provide information about healthy nutrition habits.
- **Ask questions**
  - This is the time for you to ask any questions or state concerns you may have regarding your child's oral health. Many topics can be discussed such as tooth eruption, how to soothe a baby when teething, what dental products should you use and etc.