

# 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](http://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.



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Dental Fun  
Starts at 1!  
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MaineHealth



*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](http://www.fromthefirsttooth.org)

## Baby's 1<sup>st</sup> Dental Visit

# Why is oral health important during my baby's 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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](http://www.fromthefirsttooth.org)