



LE CABINET
DENTAL CARE

205 Richmond Rd #107, Ottawa, ON K1Z 6W4

📞 613-695-1361 📧 info@lecabinetdental.com

- ★ Moms' gums and teeth are vulnerable during pregnancy and when breastfeeding, due to hormonal and lifestyle changes.
- ★ Wipe babies' gums with a cloth or baby brush before teeth erupt.
- ★ Brush twice a day, as soon as teeth first appear.
- ★ First dental visit by age 1.
- ★ Use a pea-sized amount of fluoridated toothpaste when your child can spit on their own.
- ★ No bottles to bed!
- ★ Bottles should contain only milk, formula or water.
- ★ Pacifier and thumbsucking habits should be curbed around 4 years old.
- ★ Soothe teething with a cold washcloth or teething ring, rather than ointments on gums.
- ★ Avoid sharing utensils. Cavities are contagious!
- ★ Any sticky, sweet foods, like dried fruit, can cause cavities.
- ★ Children typically have all their baby teeth by age 3. First adult molars come in around age 6.
- ★ Any teeth that touch each other should be flossed.
- ★ Lift your child's lips and check teeth and gums once a month.
- ★ If your child plays contact sports, have them fitted for a sports guard.
- ★ Check your child's teeth after falls or bumps.