



We Welcome Your New Baby!

Congratulations on your new addition!

We would like to offer some information and guidance with respect to proper hygiene habits for your new little one.

You should begin cleaning your baby's gums even BEFORE a first tooth appears. Using a wet washcloth wrapped around your finger gently wipes the baby's gums after feeding and before bed. This not only cleans the gums but gets baby used to the feeling which results in a more cooperative baby when it comes time to start brushing those first teeth.

Once you see a tooth, you can start to use a soft bristled toothbrush such as the Oral-B Stage One toothbrush that is especially designed for a baby's mouth. Toothpaste is not necessary at the stage, but you can use a non-fluoridated paste made especially for babies and very young children, if you like. Alternatively, a wet washcloth can also be used in the same way to clean the teeth.

There is a high risk of cavity development with babies who take a bottle to bed. Prolonged sipping of formula or milk can cause tooth decay due to the natural sugars sitting on the teeth all night. Especially dangerous is juice in a bottle or sippy cup. Often thumb-sucking and pacifier habits can also cause long-term damage if they persist for years. We can offer some strategies on how to stop these habits and inform you about problems that can arise with prolonged sucking behaviours.

If you have any questions about formula and dental fluorosis, teething, oral hygiene or dental related concerns for your baby, please feel free to ask us anytime. We hope that early preventive routines will help establish excellent dental health needed for proper chewing, speech and developing jaw muscles.

Once your child is between 2 to 3 years of age, we look forward to seeing them for their first "check up". We keep this fun and informative creating a safe, positive and loving environment that will set the basis for wonderful future dental experiences.

We look forward to meeting your new addition in the future!