

DENTAL CARE FOR YOUR BABY



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Raja Rammohan Roy Road, Parthana Samaj, Girgaon, Mumbai - 400004
Website: www.rfhospital.org | For general queries: info@rfhospital.org

TOLL FREE NO.: 1-800-221-166 | 24 HRS. EMERGENCY NO.: 022-61305005



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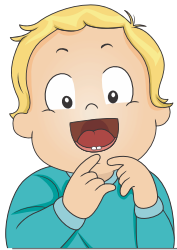
How often should a child see the dentist?

The American Academy of Pediatric Dentistry recommends a dental check-up at least twice a year for most children. Some children need more frequent dental visit because of increased risk of tooth decay, unusual growth patterns or poor oral hygiene. Your paediatric dentist will let you know the best appointment schedule for your child.



Should I worry about thumb and finger sucking?

Thumb sucking is perfectly normal for infants; many stop by age 2. Prolonged thumb sucking can create crooked teeth or bite problem. If the habit continues beyond age 3, a professional evaluation is recommended. Your paediatric dentist will be glad to suggest ways to address a prolonged thumb sucking habit.

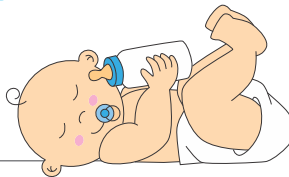


When should my child first see a dentist?

“First visit by first birthday” sums it up. Your child should visit paediatric dentist when the first tooth comes in, usually between 6 and 12 months of age. This visit will establish a dental home for your child. Early examination and preventive care will protect your child's smile now and in the future.

How can I prevent tooth decay from nursing or using a bottle?

At-will breast-feeding should be avoided after the primary (baby) teeth begin to erupt and other sources of nutrition have been introduced. Children should not fall asleep with a bottle containing anything other than water. Drinking juice from a bottle should be avoided. Fruit juice should only be offered in a cup with meals or at snack time.



How can I help my child enjoy good dental health?

5-step plan to help your child be part of the cavity-free generation:

- 1) Beware of frequent snacking
- 2) Brush effectively twice a day with a fluoride toothpaste
- 3) Floss once a day
- 4) Have sealants applied when appropriate
- 5) Seek regular dental check-ups.

Assure proper fluoride through drinking water, fluoride products or fluoride supplements.

