

Guide to Pediatric Dental & Orthodontic Milestones

From newborn to 5 years old



Quest | PEDIATRIC DENTISTRY
& ORTHODONTICS

Hey there!

Dr. Miller here! Thank you for taking the time to learn about the best practices for your child's oral hygiene.

This valuable resource provides a great starting point to get your child on the path to a healthy smile for life.

In addition to the information in here, we recommend that your child see a dentist every 6 months for a professional cleaning and checkup to ensure their dental health is in its best shape.

For over 20 years, families just like yours have counted on Quest to provide the best possible pediatric dental and orthodontic care, and we'd love to welcome you into our Quest Family of Smiles, too!

*Sincerely,
Dr. Miller*



Building the foundation for a healthy smile for life with Quest!



Did You Know...
Your Baby's Dental Journey Starts **Before Birth?**



That's right! Tooth development begins in the womb, and those first baby teeth usually start erupting between 6–8 months of age.

Teething Timeline:

- ☞ Central incisors (bottom front) are first to arrive
- ☞ Lateral incisors are next in line to erupt
- ☞ First molars typically erupt after their first birthday
- ☞ Canines & second molars are usually the last to erupt (and often the most uncomfortable)



Having trouble with teething? You're not alone!

Common signs of teething:

-  Drooling like a faucet
-  Inflamed, puffy gums
-  Chewing on everything



Teething Tip!

Place teething toys in the freezer. The cool sensation soothes sore gums.

No teether on hand?
A clean, wet washcloth works wonders.

Important!

Skip Baby Orajel because it can numb the throat which can dull your child's gag reflex, increasing choking risk.



Ask your pediatrician about Tylenol or Motrin
for safe pain relief.

Brushing should start early, so make it FUN!

As soon as those pearly whites show up, start brushing! Even one tiny tooth needs to be cared for. Make it a daily habit ... and a fun one!

Want to make brushing fun? Here's how:

- 🦷 Let your child brush first (they love independence)
- 🦷 You follow up after them to get any missed areas
- 🦷 Use a soft-bristled baby brush for their comfort



Tooth Tip!

Use non-fluoridated toothpaste until your child can spit consistently.



Once they're ready, switch to fluoride,
but only a pea-sized amount is needed.



Bonus!

There are tons of fun flavors!
Find one they actually want to use.



Flossing is for toddlers, too!



Did You Know...

Flossing should start when your child has teeth that touch?

Using **floss picks** can make flossing easier, especially for tiny mouths.



X-rays help catch hidden cavities **before they become a big problem.** That's why dentists start them at a young age, even if everything looks fine.

Important!

Most early cavities form between the molars, where food and plaque love to hide.



Let's talk about cavities.

Cavities are caused by bacteria that feed on sugars, produce acids, and erode tooth enamel which lead to holes in children's teeth.



Did You Know...

Cavities are **contagious???**

How does cavity-causing bacteria get passed along?

-  Sharing utensils
-  Blowing on food
-  Drinking after each other



Tooth Tip!

Taking care of **your own** oral health can help your child do the same!



Limiting sugary snacks and drinks also helps to prevent them along with regular trips to the dentist!

Juice is a sneaky source of cavities!

Juice might seem harmless, healthy even, but it's packed with sugar which leads to cavities in children.

So, why is juice a cavity culprit?

- 🦷 Little to no nutritional value
- 🦷 Feeds cavity-causing bacteria
- 🦷 Is particularly bad before bed time



Did You Know...

At night, saliva production drops, so sugar stays on teeth all night long.



If you do give your child juice, we recommend cutting it with water and only giving it to them with meals.

Important!

Never put your child to bed with a bottle or sippy cup of juice.



Thank you for reading!

Staying on track with healthy teeth means regular checkups.

Schedule your child's appointment with Quest and let's make their next dental milestone a happy one!

**Call or text
337-984-4747
or visit questdds.com
to book today!**



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