

**INFANT
ANTICIPATORY
GUIDELINES
(Birth To 12 Months)**

Geshay Pediatric Dentistry, P.C.
James B. Geshay Jr., D.D.S.
Pediatric Dental Specialist
634 Pittsburgh Road
Uniontown, PA 15401
(724) 439-1576

As a practicing Pediatric Dental Specialist for nearly 29 years, Dr. Geshay has developed the following oral-hygiene guidelines that seem to work best for infants, children, adolescents, and young adults. Videos on proper tooth brushing and flossing techniques can be found on the internet..

1. Never put your child to bed with a bottle unless it contains water only. Do not give your baby sugary liquids (including formula, milk, breast-milk, pop, fruit juices, etc) in between feeding times. Doing so will put your baby at a higher risk of developing Nursing Bottle Decay Syndrome.
2. This also applies to breast-feeding. If you bring your baby to bed with you, never allow your baby to breast-feed at will throughout the night. This allows the milk sugar to lay on the teeth all night.
3. The goal is to discontinue bottle or breast-feeding by 12 months of age.
4. Remember, without sugar, decay cannot develop. Dilluting fruit juices does not lessen the risk of causing decay.
5. Your baby's first dental visit should coincide with their first birthday.
6. If your baby has a pacifier or thumb-habit, be sure to inform Dr. Geshay and/or our staff.

As your child begins to crawl and walk, remember to "child-proof" your home with electrical outlet covers, cupboard locks, door handle locks, sharp corner pads, and stair gates. The number one source of skin/scalp burns in children is from hot coffee accidentally spilled on them by a parent. Always turn stove pot and pan handles away from investigating hands.

4 - 5 Months of Age

Begin wiping mouth, tongue, and gum pads with a KIP Finger Mitt or CariFree Xyli-Tots Wipes at least once a day. Continue this daily until at least 12 months of age.

Decay is a bacteria (germ) that can easily be spread from a parent's mouth. Do not allow your child to put their finger in your mouth and then into their own. Likewise, never attempt to clean a bottle or pacifier by licking it. Once your decay germ gets into your baby's mouth, it is there forever!

6 Months of Age

If your drinking water is not fluoridated, call us for a fluoride supplement prescription. When administered properly, fluoride can make developing tooth enamel and anatomy much stronger. This help to make teeth more resistant to decay. As your child's teeth erupt, the Kip Finger Mitt or Oral Wipes can be supplemented by brushing once a day with an infant toothbrush and a fluoride-free tooth and gum cleanser.

12 Months of Age

Schedule your baby's first dental visit. It is important to establish a dental home for your baby. Early dental visits are valuable in terms of education you in ways of preventing dental problems. Continue using a fluoride-free oral hygiene method as described above at least once a day, preferably just before bedtime. Schedule your child's first dental visit at this time.

Other General Guidelines

1. Eliminate all drinks containing sugar, especially fruit juices, sports drinks, and all other sodas.
2. "Splenda" is a safe sugar substitute for children and will not promote cavities.
3. The most important time to brush is just before bedtime.
4. Begin using a fluoride mouth rinse (like A.C.T.) at age 5.
5. Protect permanent six-year molar grooves with sealants.
6. Have your child begin flossing at the age of 7.
7. Brush at least once a day for your child until the age of 5 or until they are able to tie their own shoes.
8. Supervise tooth brushing until the age of 12.
9. Protect permanent twelve-year molar grooves with sealants.
10. Support the use of mouthguards for all sports activities.
11. Support the use of helmets while riding bicycles.
12. Support the use of car seats and seat belts.
13. Be a good role model, take good care of your own teeth, avoid soda, and brush and floss daily.