

WHEN SHOULD I TAKE MY CHILD FOR THEIR FIRST DENTAL VISIT?

Dr. Peter S. Frandsen, San Diego Children's Dentistry

Parents often wonder: **what the best age is for their child's first visit to the dentist's office.** Both the American Academy of Pediatrics (AAP) and the American Academy of Pediatric Dentistry (AAPD) recommend that children be seen by their first birthday or within 6 months of the first tooth coming in, whichever is sooner, for their first dental exam. The reason for such an early exam is to help parents develop the best habits for brushing and flossing, healthy diets, and other things for great infant oral health. Pediatric dentists are firm believers in prevention! It is better to set the stage to stop cavities and detrimental habits rather



than waiting to fix the problem after it has already happened. Following the advice of your pediatric dentist can help prepare kids from the earliest age to develop the best habits for a healthy mouth now and a healthy lifestyle in the future.



Another question I hear often is: **if my child only has a couple of teeth, what do they even do at the dental exam?** This is an excellent question. Just like at a Well-

Child check with their pediatrician, your pediatric dentist will be evaluating their growth and development, inspecting all of the parts of the mouth, throat, head, and neck, not just looking at the teeth. Along the exam, your child will likely get a cleaning and a fluoride treatment as well. During this visit, your pediatric dentist will also counsel with you regarding : your child's risk for cavities, appropriate fluoride amounts, healthy diets, brushing and flossing techniques, teething timelines and pain management strategies, injury prevention, thumb and pacifier sucking, and any other questions you might have about infant oral health. Think of this visit as a Well-Child check for the mouth!

Preparation and prevention are the key to infant oral health

Dr. Frandsen is an ABPD Board Certified Pediatric Dentist, a member of the American Academy of Pediatric Dentistry, and works at San Diego Children's Dentistry in Poway and Rancho San Diego



www.SanDiegoChildrensDentist.com

POWAY OFFICE
12324 Oak Knoll Road, Poway, CA 92064
(858) 360-8118

RANCHO SAN DIEGO OFFICE
2648 Jamacha Road, Suite 166, El Cajon, CA 92019
(619) 376-1202