



# A Guide for Your Child's Dental Health

For parents with children under 6 years old  
that are unsure of when to get started with  
their children's dental health





# Hi, I'm Dr. David Pham

I'm a family and general dentist in Bradford

Our team at Arbo Dental Care enjoys seeing kids and making sure they have a fun and positive experience at the dental office, we believe that the way we care for kids can have a lasting impact for their futures.

We've listened to parents' top 3 most common concerns for their children's teeth and I put together this guide for parents with children under 6 years old.

I hope you find this information helpful.

We're looking forward to caring for you and your smiles!

- Dr. David Pham

## Our Mission at Arbo Dental Care

Our mission is to provide high quality dental care in such a friendly and comfortable environment, that you would be proud to refer your friends and family.

We believe in providing a comfortable experience, to help our patients feel less anxious, so that they can receive the dental care they need.



**In this guide, we will answer top questions from parents:**

- 1. When should children start seeing the dentist?**
- 2. When do baby teeth emerge and fall out?**
- 3. How often does my child need to visit the dentist for exams and cleanings?**
- 4. Why do baby teeth need fillings if they fall out anyway?**



# When should children start visiting the dentist?

Great question! The Canadian Dental Association recommends parents bring children in *6 months after the first tooth comes in* (age 6-7 months) or their 1st birthday!

The main benefit is for children to start becoming comfortable with a dental routine including meeting our team, sitting in our chair, and our dental tools. In the future, if fillings, x-rays or other dental treatment is needed, they would be comfortable and familiar with us and have a good dental experience.

These appointments are a great time for us to meet you and for us to provide information about taking care of baby teeth at home.

## ACTION TO TAKE

- ☐ Print Arbo's Baby Teeth Chart on the next page. Keep track of when baby teeth emerge and fall out, and when the Tooth Fairy will be visiting!
- ☐ Book your child's first appointment with Dr. Pham.



# BABY TEETH CHART

**Tooth Emerges**

**Upper Teeth**

**Tooth Falls Out**

6-10 Months of age

8-12 Months of age

16-20 Months of age

11-18 Months of age

20-30 Months of age

Central Incisors

Lateral Incisors

Canines

First Molars

Second Molars

7-8 years of age

8-9 years of age

11-12 years of age

9-11 years of age

9-12 years of age

20-30 Months of age

11-18 Months of age

16-20 Months of age

7-10 Months of age

5-8 Months of age

Second Molars

First Molars

Canines

Lateral Incisors

Central Incisors

11-13 years of age

10-12 years of age

9-11 years of age

7-8 years of age

6-7 years of age

**Lower Teeth**



**905-775-7377**  
[info@arbodentalcare.com](mailto:info@arbodentalcare.com)

## ACTION TO TAKE

- ☐ Keep track of when your child's baby teeth emerge and fall out (Let the Tooth Fairy know!)
- ☐ Bring children in the dental office 6 months after the first tooth comes in.

# How often should children see their dentist?



Every year a child should see the dentist for a dental exam starting at the age of 1.

After 3 years old, a dental hygiene cleaning is recommended once or twice a year, with a dental exam once a year.

After 6 years old, dental cleaning twice a year, and at least once a year dentist exam.

Age*	Hygiene Cleaning	Dentist Exam
1 year old	Once a year	Once a year
2 years old	Once a year	Once a year
3 years old	Once a year	Once a year
4 years old	Once or twice a year	Once a year  
5 years old	Once or twice a year	Once a year
6 years old	Twice a year	Once or twice a year

\*Guideline of approximate age

## ACTION TO TAKE

- ☐ Print the above guideline as a reference
- ☐ Schedule your child's appointment at the same time as your own exam and cleaning appointments.
- ☐ Don't have a dentist yet? We would love to help you.



# Why do baby teeth need fillings if they fall out later?

It's a great question and it's the most common one we get from parents.

Baby teeth fall out and adult teeth replace them at different ages.

If a baby molar tooth has a cavity when a child is 6 years old, that baby tooth may not come out until 10-12 years old, then there are 3 things we can do:

- Remove the cavity and do a filling
- Leave the cavity and tooth alone
- Remove the tooth

*How do tell if your child may need a filling?*

- Your child tells you their teeth hurt
- You've noticed dark brown spots on their teeth that don't go away



If a cavity grows, it can lead to an infection, swelling and a lot of pain for kids.

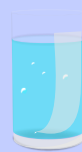
In order to prevent cavities from growing, they have to be stopped early on.

## 4 Tips to Prevent Cavities:



### *Early and regular check ups*

This will help detect cavities earlier. We will discuss ways to brush properly, floss, nutrition suggestions.



### *Drink a lot of water.*

This helps to rinse the teeth and gums of food, sugar, bacteria.



### *Limit snacks to day time only*

Avoid night time snacks or sugary drinks, such as chocolate milk, juice, pop.

- Limit snacks to meal time and not between meals. This allows for our saliva to protect teeth, snacking will disrupt the saliva from protecting our teeth

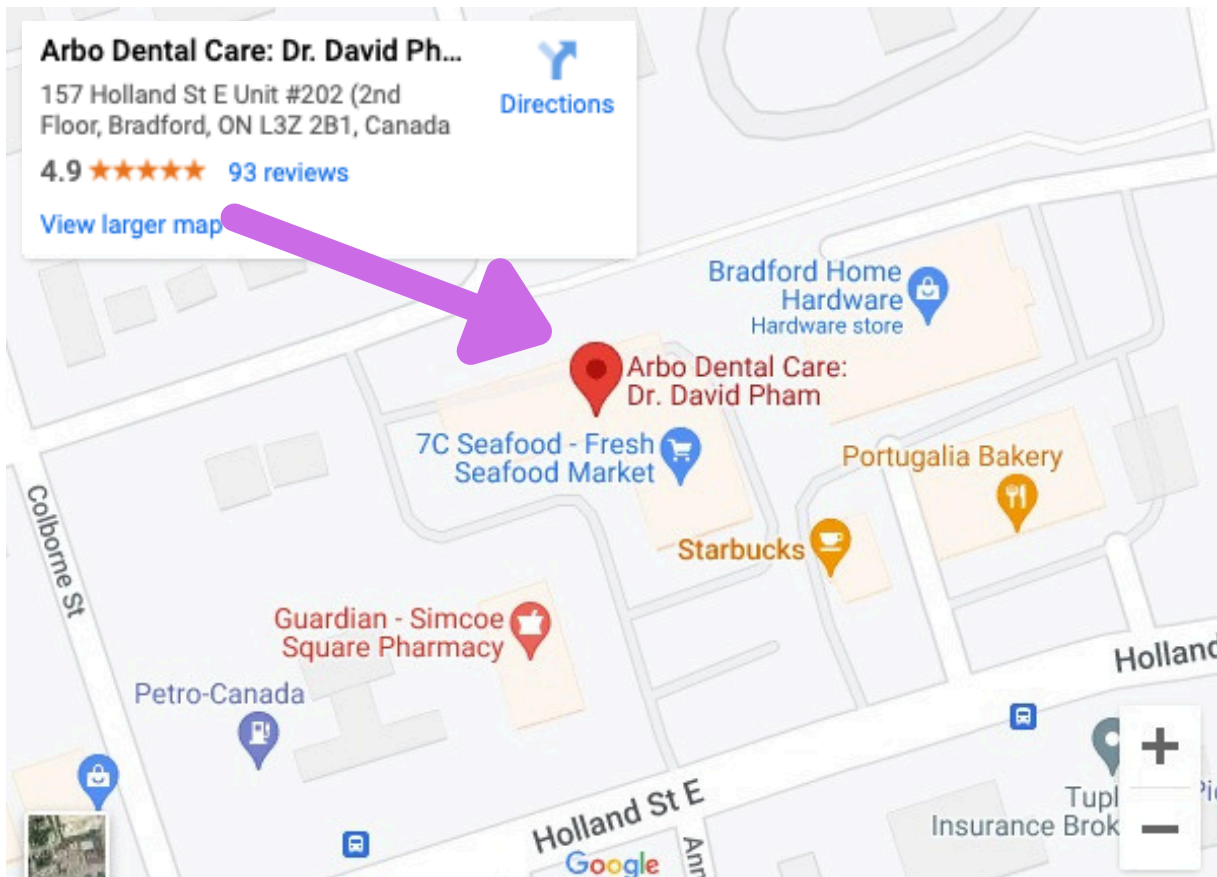


### *The Adult Molar is the most common tooth to get a cavity*

6 year old kids start getting adult teeth in the front but also the last molar teeth in the back.

Most kids aren't able to brush these back teeth properly (top and bottom) so I recommend parents help 2-3 times a week.

We are located between the  
Starbucks and Petro Canada station  
at 157 Holland St. East  
Unit #202 (2nd Floor)



We have a limited number of openings for new patients each month.

**Contact us early to book your first appointment.**

**905-775-7377**

**[info@arbodentalcare.com](mailto:info@arbodentalcare.com)**



## Our Team

Our team has been together for over 27 years! We love what we do at Arbo Dental Care and we enjoy making a difference for our patients. We hope to take care of you and your family's smiles.



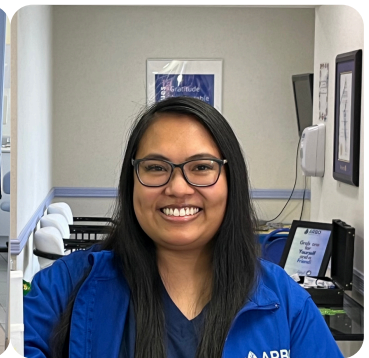
**Christina**



**Carol**



**Guadalupe**



**Gem**



**Dr. David Pham**

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