ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

First Dental Visit: By Age One!

Your baby should see a dentist when their first tooth appears, or by their first birthday. Starting early helps prevent cavities and keeps little smiles healthy!

Why Start So Early?

Early dental visits can:

- Prevent cavities and dental pain.
- Teach parents how to care for baby teeth.
- Help children feel comfortable at the dentist.

What Happens at the First Visit?

The dental team will:

- Check your baby's teeth, gums, and mouth.
- Talk about feeding and toothbrushing.
- Apply fluoride varnish if needed.
- Share tips for keeping teeth healthy.

Your baby may sit on your lap during the exam. It's okay if they fuss or cry!

Getting Ready for the Visit:

- Choose a time when your baby is rested.
- Bring a favorite toy or comfort item.
- Think about questions you want to ask.

Finding a Dentist:

Already have a dentist? Ask if they see babies. You may be able to schedule your child's visit with your own.

You can also ask your child's doctor, local health department, or Head Start program for help. Visit Oral Health Kansas' Finding a Dentist webpage for more resources.



Healthy Smiles Start Early!

Don't wait until your baby has a mouthful of teeth or a dental problem. Schedule that first visit by age one!

More Tips & Tricks for babies:

- Importance of Baby Teeth
- Lift the Lip
- Preparing for a Successful Dental Visit