

Toddlers – Safety first

Prevent falls and damaging teeth:

- Safety gates on stairs.
- Use car seats ALL the time.
- Use helmets when riding on bikes and tricycles.
- Use safety belts in shopping carts.
- Never leave your baby unattended.

Protect early walkers from injury:

- Remove furniture with sharp edges.
- Keep a hand ready to steady.

Teething toddlers will put everything and anything in their mouth:

- Use safety locks on cabinets and drawers.
- Keep all poisonous substances locked away, out of sight and reach.



Resources for Dental Care

- Call 211
- **Snohomish Health District**
www.snohd.org

From the home page, select 'Find a Low-cost Dentist' from the left side bar. Then click or print Low Cost Dental Resources.

- **425.339.5219** (recorded message)
Call if you want a list of dentists that currently accept Medicaid or provide low cost dental care
- **WithinReach**
www.parenthelp123.org
Online eligibility for Medical/dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 203
Everett, WA 98201-3900
425.339.5219

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SNOHOMISH COUNTY

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Oral Health for Age 1 - 2 Years



**What parents need
to know**





First Tooth First Birthday First Visit Make an appointment at the dentist!

Even if your doctor has looked at your child's teeth, see a DENTIST to:

- see how the teeth are growing.
- find cavities before you can see them.
- prevent cavities from starting.
- stop early cavities without fillings.
- treat cavities, if needed.
- talk with you about YOUR questions.

Don't wait until it hurts!



Feeding Practices

Offer toddlers three meals and two snacks a day. (No grazing!)

- Give food, milk, juice sitting in a high chair or at the table. Avoid letting
- children eat and drink while they play.
- Let toddlers feed themselves.
- Offer toddlers food they can pick up.
- Offer a spoon to eat with, if they have not grabbed one from you yet.

Use the Cup

As toddlers eat more foods, they drink fewer bottles.

Using a cup helps to:

- prevent tooth decay
- prevent earaches
- prevent low-iron
- reduce overweight toddlers
- begin weaning
- ✓ No more bottles after 14 months!



Pacifiers and Thumb Sucking

- Sucking is comforting to many toddlers.
- Ignore thumb sucking and pacifier use.
 - ✓ After age two, ask your dentist or doctor about weaning.

Cleaning your Toddler's Teeth

Wipe the gums with a soft, moist cloth each day. When new teeth come in use a soft toothbrush with a tiny smear of toothpaste.

Children will need your help to clean their teeth and learn to spit. When they can spit well use a pea-size amount of fluoride toothpaste. Please continue to help them until they are 7 or 8 years old.

Fluorides

Ask your dentist or doctor if your toddler needs:

- fluoride toothpaste
- fluoride supplements if no fluoride in drinking water