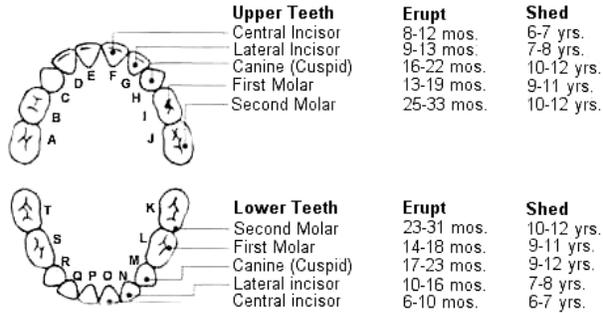




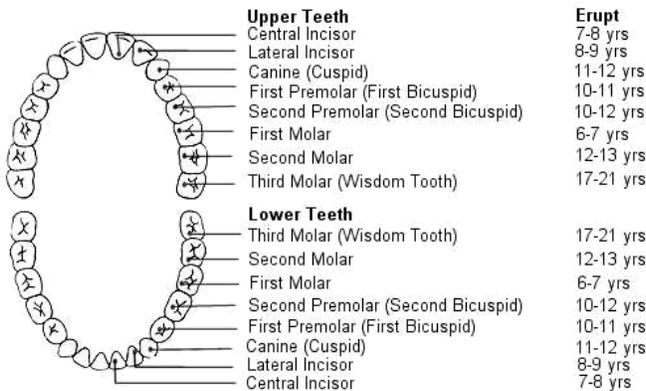
# TAYLOR DENTISTRY

## Primer for Children's Teeth

### Primary Teeth Eruption Chart



### Permanent Teeth Eruption Chart



### What To Do If A Permanent Tooth is Knocked Out

- Clean excess debris off root with *Save-A-Tooth* solution or water; hold tooth's crown and NOT root.
- If possible, put the tooth back in the socket immediately and maintain pressure for 1 minute.
- If the tooth cannot be placed back in, put into *Save-A-Tooth* solution ASAP. If not available, use a cold cup of milk.
- Take the child to the dentist IMMEDIATELY.

Buy *Save-A-Tooth* solution at a local store and have on hand in case of an emergency.

### What To Do If A Tooth is Chipped Or Hit Hard

- Contact a dentist immediately.
- The dentist will discuss with you if the child should be examined immediately.
- X-rays will be taken to determine the extent of the injury.

### Top Ten Tips for Tip Top Teeth

1. Brush at least twice per day, especially before bedtime. Because the mouth tends to dry out while sleeping, nighttime is an especially bad time for cavities to start forming.
2. For children under 8 years of age, parents should help brush. Smaller children haven't developed their hand coordination good enough to brush their teeth well.
3. For many children, parents still need to at least supervise and make sure that their child is brushing for an adequate amount of time (2 minutes), as well as reaching all surfaces of teeth.
4. Floss! Again, for many children and the lack of hand coordination, parents should help.
5. Very young children that don't spit out toothpaste should use no more than a 'smear' layer or 'grain of rice' sized amount of fluoride toothpaste. This recommendation comes from the American Dental Association and the American Academy of Pediatric Dentistry, and is a change from previous policy.
6. Most bottled water has very little fluoride. Children with teeth forming in their jaws benefit from this minimal amount of fluoride to help reduce cavities. In addition, reverse osmosis water filters take fluoride out of the water.
7. Don't be a nibbler! Nibbling at sugary snacks throughout the day increases the risk of cavities. This is also true of cereals, chips, granola bars, fruit roll-ups, and other carbohydrates.... There are hidden sugars in these foods and can be extremely decay producing.
8. Many sports drinks contain high amounts of sugar. For the athlete in the family, frequent sips of sports drinks may cause more frequent visits to the dentist.
9. If the child's gums bleed while brushing, this is likely a sign of gingivitis. When brushing, make sure the bristles are reaching the gums. For many patients, this means the lip must be pushed out of the way in order to reach the gums. If the gums are kept clean, they will heal in about a week and the child will not bleed during brushing.
10. Consider preventive treatments, such as sealants and a fluoride mouthwash. Ask us if these would be appropriate for your child.

