

First Year First Visit

Your child's first birthday

When should you first take your child to the dentist? Sometime between when your baby's teeth come in and your child's first birthday.

One reason is cost savings. If you bring your child to the dentist by the first birthday, studies show you will spend less money on your child's dental care than parents who delay their child's visit until after the first birthday.

But the main reason is because baby teeth are important. They help your child eat nutritious foods, speak clearly and look good. They also hold space for the permanent teeth that will come in.



Wearing a bib and sunglasses



Practicing homecare



Schedule an early morning appointment

Preventive dentistry

The first check-up is usually just to make sure your child's teeth, mouth and airways are growing normally. We also check for plaque and early decay. We would rather prevent a problem than fix one, and it's important we see your child before there is a problem.

What to expect

Most children do better in the morning, so you may want to schedule your visit for early in the day after they've had a good breakfast. However, if the child becomes overly anxious or fussy, we can finish the exam another day. The first visit should not be when your child is in pain.

In the exam room, we might put a bib on your child and offer a pair of sunglasses. There may even be a ride in the dental chair.

We will talk to you about homecare, including brushing and flossing techniques and nutrition. We will also discuss your child's oral health, how it affects a child's overall health and how you can help prevent decay.

When we are done, your child will get to choose a special toothbrush and a toy to take home.

Give your child the gift of good dental health early for a lifetime of beautiful, healthy teeth.