

# Parents

Your Child Deserves  
the Best Oral Health




New York University

COLLEGE OF DENTISTRY

Department of Pediatric Dentistry

# Your Child Deserves...

- To become **cavity free** and to stay that way
- To have a **great looking smile**
- To be **free of dental pain** and infection
- To receive **nutritional counseling** from a nutritionist



Healthy teeth are vital to a healthy childhood. Children need them for chewing, proper nutrition, speaking clearly, looking good, achieving in school, and thriving socially.

## **Ask Your Dentist**

if your child's oral health is the best it can be. If you do not have a dentist, we invite you to visit us.

We will get your child started on the path to a cavity-free lifetime. We offer both general dentistry and specialty services for children, including orthodontics and oral surgery, all under one roof.

**Treatment is also available for children with special needs and behavioral problems.**



Dr. Amr Moursi, Chair of NYU's Department of Pediatric Dentistry explains the importance of oral health during pregnancy on ABC 7 TV.



A child receives care at the NYU Pediatric Dental Clinic.

As a new patient, your child will be eligible to receive a free, comprehensive oral exam, including necessary X-rays, teeth cleaning, fluoride treatment, oral hygiene instruction, nutritional counseling, a custom-fitted mouth guard to protect your child's teeth, lips, cheeks and gums from sports-related injuries, and a dental ID, which helps to safeguard children.

*We guarantee that:*

- Your child will be given a scheduled appointment and will be seen on time.
- You and your child will receive respectful, personalized care.
- Your child's care will be overseen by the same dentist from start to finish.
- Multilingual staff and an interpreter will be available.
- Your child will have access to emergency services 24 hours a day.

To schedule an appointment, please call 212.998.9278 and ask for **Angela Greene**. The New York University College of Dentistry Department of Pediatric Dentistry is located at 421 First Avenue (between 24th and 25th Streets) in Manhattan, Room 9W.

Convenient treatment hours, including evenings, are available.

You can also visit us at [www.nyu.edu/dental](http://www.nyu.edu/dental).



# Checklist for Parents

## To Achieve the Best Oral Health for Your Child

### Pregnancy

- Effective primary prevention for cavities and oral infections during pregnancy can significantly improve the oral health not only of the mother but of her children as well.

### Infancy (Birth to 12 months)

- Clean your infant's gums and teeth with a washcloth or soft infant brush at least two times a day.
- Using the bottle as a pacifier can lead to tooth decay. Milk and juices contain sugar that can lead to tooth decay. Do not put your child down to sleep or a nap with anything but water.
- From six months to age 3, your child may have sore gums when teeth erupt. Many children like a clean, chilled teething ring, cool spoon, or cold wet washcloth.
- Thumb sucking and a pacifier are natural and newborns derive satisfaction from them. During the first year of life, these do not require intervention.
- During the first year of life, children should drink water and whole milk. Parents should limit other drinks to one half cup of 100% fruit juice per day and no fruit drinks.

### Toddler (1 to 2 years)

- You should take your child to the dentist soon after the first tooth erupts, no later than 1 year of age.
- Clean your child's gums and teeth with a soft toothbrush and water in the morning and before bedtime. Unless it is advised by your child's pediatric dentist, do not use fluoridated toothpaste until age 2.
- Trade a bottle for a cup by age one.
- At age 2, switch from whole milk to low fat milk.

### Pre-school (2 to 6 years)

- At age 2, you should continue to brush for your child and begin to use a small (pea-sized) amount of fluoride toothpaste. You should not allow your child to swallow the toothpaste.
- Injuries to the primary (baby) teeth can affect the development of the permanent (adult) teeth. If an injury occurs, contact your dentist right away.
- Limit the total number of times per day and amounts that your child eats and drinks. Limit sugary foods like soda, fruit juice and sweetened cereals. Encourage snacks such as fruits and vegetables, low fat yogurt or whole grains.
- Use positive reinforcement to help your child discontinue pacifier/thumb sucking habits.



## Checklist for Parents

### School-aged (6 to 12 years)

- Thumb sucking or a pacifier that continues past 5 or 6 years of age can lead to excessive overbite. Consult your dentist, who will assess the need for an orthodontic evaluation.
- Children can begin brushing independently at age 8 under a parent's supervision.
- Children should begin flossing independently around age 10 when their manual dexterity has developed.
- Sealants (a protective coating that covers the chewing surfaces of the teeth) may be placed on newly erupted permanent back teeth to protect them from dental decay.**
- If your child plays a contact sport, he or she should wear a mouth guard to protect against dental injury and concussion.
- If a child's permanent tooth is dislodged during an injury, place it in a container of milk and bring your child to the dentist as soon as possible. Permanent teeth can sometimes be re-implanted successfully.

### Adolescence (12 to 18 years)

- Mouth piercing can interfere with speech, chewing, or swallowing. It may cause excessive drooling, infection, chipped or cracked teeth, injuries to the gums, sensitivity to metals, and nerve damage. Consult your pediatric dentist before piercing.
- Discourage your child from using tobacco products. Tobacco use, including smoking and/or chewing, causes cancer, heart disease and other serious illnesses, in addition to discoloration of the teeth and bad breath.**
- Teenagers care a lot about their appearance. A pediatric dentist can make a chipped tooth look whole, change discolored teeth to a natural white, contour an oddly shaped tooth and even fill in the gaps between widely spaced teeth.



### Directions to the NYU College of Dentistry, located in Manhattan at 421 First Avenue, 9W:

M15 bus up First Avenue or down Second Avenue to 23rd Street.

M23 crosstown bus east on 23rd Street to First Avenue.

M16 crosstown bus east on 34th Street, down Second Avenue to 23rd Street and First Avenue.

M21 bus along Houston Street, up Avenue C to First Avenue and 23rd Street.

Subway: 6, N, R, F, C, or E to 23rd Street stop; transfer to M23 crosstown bus to First Avenue and 23rd Street.

By car: The closest parking garages are on 25th Street between First and Second Avenues.



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*For more information, please contact:*

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**Department of Pediatric Dentistry**

**421 First Avenue, 9W**

**New York, NY 10010**

**Phone: 212.998.9278**

**[www.nyu.edu/dental](http://www.nyu.edu/dental)**