



## Preparing for the First Dental Visit

- Start early by wiping out your baby's mouth after each feeding with a soft, clean, moist washcloth.
- Start using an infant toothbrush when teeth start erupting.
- Talk about the upcoming visit or play dentist with a doll. Read books about going to the dentist. Even if your child is not talking yet, they can hear the words you say and sense your feelings. Stay away from words like- "pain" or "hurt."
- Write down questions or concerns you may have. It is normal for a child to get upset at a dental office. Your list of questions will help you remember while you are consoling your child.



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### LOCAL PARTNER NAME

**Jodi Maertens**  
Program Officer  
15 3<sup>rd</sup> Avenue NW  
Hutchinson, MN 55350  
(800) 594-9480  
[jodim@swifoundation.org](mailto:jodim@swifoundation.org)

**Michelle Randt**  
ECDN-SW Coordinator  
[micheller70@live.com](mailto:micheller70@live.com)

**Jennifer Neal**  
ECDN-SW Co-Coordinator  
[Neal.Jennifer@odhc.org](mailto:Neal.Jennifer@odhc.org)



**SOUTHWEST INITIATIVE  
FOUNDATION**

15 3<sup>rd</sup> Avenue NW  
Hutchinson, MN 55350  
800-594-9480 or 320-587-4848  
[info@swifoundation.org](mailto:info@swifoundation.org)  
[www.swifoundation.org](http://www.swifoundation.org)



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**3 Reasons  
2 See a Dentist  
By Age 1**



## 1 FIND A DENTIST YOU AND YOUR CHILD LIKE

- Ask your dentist if they see young children or if you can bring your child to your next visit.
- If your dentist does not see young children, ask them to suggest a dentist who will or talk to your baby's doctor.
- The dental office you choose should be:
  - Friendly to both you and your child.
  - Knowledgeable about young children and their development.
  - Gentle towards your child, even if she makes a fuss.
  - Open to answer your questions.



## 2 CATCH DENTAL ISSUES BEFORE THEY BECOME A PROBLEM

At your child's first visit, the dentist will look for the following:

- How teeth are developing
- Teething problems
- How the top and bottom jaws come together (the bite)
- The health of the gums and cheeks
- Factors that affect the risk of cavities

The first visit is also important for you to understand your role in the health of your child's teeth. This includes caring for teeth between visits, fluoride use, and your child's food choices.

**Baby teeth need care too!**

## 3 PROTECT YOUR CHILD'S SMILE FOR A LIFETIME

Baby teeth are important to your child's development.

Baby teeth that are not taken care of properly can result in chronic pain and premature loss of baby teeth causing a lifetime of health issues including speech problems, the way permanent teeth grow in, and even your child's facial appearance.

Living with untreated tooth pain can also lead to poor school performance and behavior problems.

We know you want your child to grow up happy and healthy.

**And isn't this smile worth it?**

