HOW TO MAKE
TINY TEETH
HAPPY TEETH™

A STEP-BY-STEP GUIDE HELPING YOU UNDERSTAND WHAT YOUR BABY NEEDS FOR THE DEVELOPMENT OF A HEALTHY MOUTH
Welcome to the Happy Teeth family

As a mom, an oral care industry professional with over 15 years of experience, and the founder of Happy Teeth, I’d like to thank you for your commitment to your baby’s dental care and we are honored to be helping new parents (just like you) understand your new baby’s dental needs. What makes Happy Teeth products so special is our dedication to one thing and one thing only, to develop perfectly formulated products and educational tools to make it easy for new parents to understand the importance of your baby’s dental care and give you real solutions for these very important stages of early tooth development.

The following information will help explain why the use of Happy Teeth products can help prevent the #1 chronic childhood disease – tooth decay. This easy-to-read, step-by-step guide also gives you answers to some of the most commonly asked questions about your baby’s first teeth and gums. From the very start, Happy Teeth products will make it easy for you to teach your baby habits that will ensure a lifetime of healthy smiles.

I hope you get as much joy and happiness celebrating your new baby’s dental health as we have working with pediatricians and pediatric dentist’s across the country to develop Happy Teeth products. And remember, if you have any questions about your baby’s oral health, contact your medical or dental professional as they are the best source for dental care.
My Newborn and Their Dental Care: (0-6 mos.)
Your baby’s dental care begins even before you bring him/her home from the hospital.

Some parents think that if their baby’s first teeth have not appeared, they don’t need to worry about dental care. Is this true? No. Before the first tooth appears, gently cleaning the baby’s mouth by using a soothing and gentle wipe containing Xylitol (a known cavity fighting ingredient) to clean the gum tissue after feedings helps remove bacteria and allows the baby to get used to the cleaning process.

Baby’s First Teeth: (6-24 mos.)
Soon you will begin to see your baby’s first tooth appear. The oral care habits you introduce to your baby now will ensure a lifetime of healthy teeth and gums. To avoid spreading the germs that can cause cavities - don’t put anything in a child’s mouth that has been in your mouth. In addition, new parents can also chew sugar-free gum with Xylitol right after eating as well as throughout the day to help prevent the spread of cavity producing germs to your newborn.

Why are baby’s first teeth important?
Baby teeth, also referred to as primary teeth, are important for many reasons, including:
• They help children speak correctly and chew naturally
• They aid in forming a path that permanent teeth can follow when they are ready to appear in the mouth
• Teeth give your baby a nice appearance and smile and even at this early age, help to build a child’s self esteem
• Premature loss of teeth can cause speech and spacing problems and incorrect position of the tongue in the mouth which can cause future orthodontic problems
• The first set of teeth saves space for the permanent teeth allowing them to grow in straight and in the correct position
At what age will I see my baby’s first tooth?
Your baby’s first tooth should appear around 6-8 months of age. When your baby is born, the first set of baby teeth is almost completely formed inside the jaws and under the gums. As a child loses the primary teeth, the second set of teeth, known as secondary or permanent teeth, comes through the gum tissue.

Which of my baby’s Teeth will I see first and which teeth will they lose first?
Your baby’s teeth generally appear and fall out in the following pattern.

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All 20 primary teeth usually appear by the age of 30 months (2.5 years old). Remember, these are averages and every child is different. Don’t worry if teething starts earlier or later! *If you have any additional questions about the appearance of your baby’s first teeth, please be sure you speak with your dental or medical professional.*

It is important to keep baby’s first teeth clean, healthy and cavity-free. Although they are not permanent, your baby may have some of his or her first teeth until they are 12 years old. If a child loses a baby tooth early as a result of tooth decay or an accident, a permanent tooth may erupt early or late and potentially come in crooked due to limited space.

**How do I know if my baby is teething?**
Common signs of teething maybe drooling, sore gums, restlessness, irritability and disruption of eating and sleeping habits (waking during the night). Chewing on toys and fingers is very common. Production of saliva may increase causing excessive drooling and coughing as the baby tries to clear his/her throat. Local signs of teething may include sore, tender swollen gum tissue near the area of the tooth’s appearance. The gum tissue may occasionally appear blue or purple instead of the usual pink color. This condition should be seen by your pediatrician, dentist, or medical professional. Teething symptoms may be most pronounced when the first teeth appear. It has been commonly reported that the back teeth (molars) frequently cause the most discomfort.
What can be done for teething?
Do’s and Don’t’s

When a baby is teething, the action of chewing or biting helps to ease teething. In general pediatric practices, new parents are given many tips to help teething. Below are just a few recommendations. If you have additional questions about teething and what can be done to soothe any discomfort, please consult your dental or medical professional.

Teething Do’s

- Give your baby a cold or wet washcloth
- Over the counter teething tools or pacifier
- A cold teething biscuit
- A chilled plastic teething ring
- Cold, slushy foods such as sugar-free applesauce or frozen and slushy sugar-free fruit juice

Teething Don’t’s

- Do not use frozen foods like bananas or popsicles as these could break off and create a choking hazard.
- Do not use small plastic toys as these could create additional choking hazards
Brushing My Baby’s Teeth:
As soon as your baby’s first teeth appear, parents should keep them clean.
Why is it important to keep my baby’s teeth clean?
As soon as (and even before) the teeth appear, bacteria begins to accumulate in the mouth and may combine with sweet and starchy foods to form acid. This acid is what causes a cavity by breaking down tooth enamel, the eating away of teeth. Frequent sugar intake of sugary foods such as candy, chocolate, juices and complex carbohydrates like pretzels, bread and crackers that remain in the mouth for prolonged periods of time are the primary cause of tooth decay. Along with limiting the foods that contain sugar, cleaning teeth should begin when the first tooth appears. At this time, you can start using a soft and gentle tooth brush with Happy Teeth toothpaste. Brushing the teeth will remove plaque and bacteria that can lead to decay. It is important to brush after eating and as many times daily as possible. The minimum would be 2 times per day.

Happy Teeth Brushing Basics
• Once baby teeth have appeared, brush the teeth and gums with a soft and gentle toothbrush and non-fluoridated toothpaste
• Brush as a family, sing songs (the Happy Teeth jingle), or turn brushing into a fun game
• Try different positions for brushing until you find one that works for both of you
• A little toothpaste goes a long way! Use an amount equal to the size of a small pea and discourage your baby from swallowing
• When your child can predictably spit and not
swallow toothpaste (approximately 24 months of age), begin brushing the teeth with a pea-sized amount of fluoride toothpaste. Be sure to consult with your dental professional if you have any questions regarding the use of fluoride.

- As soon as your child can handle a child-size toothbrush, teach the child how to brush his or her teeth and gums directly or indirectly at least 2 times per day. Be involved in helping your child brush their teeth until at least 8 years of age.
- Floss your child’s teeth as soon as all the baby teeth have appeared, usually when the child is 2 to 3 years old or has at least two teeth touching each other. Be sure to supervise your child and help with flossing.

Preventing Baby Cavities:

What Causes Cavities?
Food (sugars and complex carbohydrates) + Bacteria = Acid Production. It is the acid which eats away at the teeth and causes decay. This is why it is so important to remove the sugar and bacteria so teeth and gums stay clean and cavity-free.

What can I do to prevent cavities from forming?
Formula, milk, mother’s milk and juices contain sugar, which can be harmful once teeth begin appearing. Don’t let a child go to bed with a bottle at night or at nap time as sugars from milk and juice can cause baby bottle tooth decay. The bottle should be used for feeding purposes only, not as a pacifier. Avoid nursing children to sleep or putting anything other than water in their bed-time bottle.

Important – If your baby must have a bottle at bed time or is still nursing, make sure to wipe down their gums or brush the teeth following the feeding. This will help to prevent cavities from forming.
What is baby bottle tooth decay?

Baby bottle tooth decay is the progressive breakdown of teeth in an infant or toddler. Baby bottle tooth decay occurs when any liquid other than water is in contact with the teeth for long periods of time. Sweetened liquids are especially harmful although mother’s milk, milk, formula, fruit juice and soft drinks can all cause problems. The sugars and bacteria in these liquids combine with saliva to form a substance called dental plaque. When the bacteria break down the sugar, acids are formed. The result may damage the teeth, causing cavities which are holes in the enamel that can expose the inner parts of the tooth which can cause infections at the nerves of teeth. A child who is allowed to fall asleep with a bottle is at tremendous risk for tooth decay as well as any child who is given a bottle of sweetened liquids several times a day. Research suggests that children with baby bottle tooth decay are at risk for more dental problems later in childhood. If baby bottle tooth decay does develop, treatment depends on the extent of the decay. Baby bottle tooth decay symptoms are hard to recognize early. Therefore, prevention is the best form of treatment.
How do I prevent baby bottle tooth decay?
There are many ways to prevent baby bottle tooth decay.

- Never put a child to bed with a bottle of milk, mother’s milk, formula, fruit juice or sweetened liquid. If a child needs a bottle in bed, only water should be in the bottle.
- Don’t allow a child to walk around with a bottle in his or her mouth. The longer sweet-end liquids sit in the mouth, the more likely it is for baby bottle tooth decay to occur.
- Teach a child to drink from a cup as soon as possible. A cup can be given to a baby within 6-12 months. Drinking from a cup avoids liquids pooling around the teeth and gums.
- Wipe a baby’s gums with a Xylitol Wipe after each feeding.
- Once baby teeth have appeared, start brushing the teeth and gums with a Happy Teeth tooth brush.

Because every infant is different, be sure to ask your dental or medical professional about other ways to help prevent baby bottle tooth decay. Only a professional can help you develop your baby’s perfect prevention plan.

The Importance of Fluoride:

Is fluoride important for my baby?
Fluoride is one of the most important factors in preventing tooth decay. The main action of fluoride occurs after the teeth have appeared.

What is the best source of fluoride?
Water fluoridation has been found to be helpful in preventing tooth decay and is the best source of fluoride. Because the amount of fluoride in water varies with each community and with different sources of drinking water, consult with your medical or dental professional for advice regarding your child’s need for supplementation. It is recommended that parents consult with a dental health professional on the use of fluoridated toothpaste for young children at risk of tooth decay. When fluoride toothpaste is recommended,
a pea-sized amount should be placed onto the toothbrush and the brushing should be supervised so that the child is not swallowing excessive amounts of fluoride. Be sure to ask your dental professional about the availability of various fluoride treatments, including topical fluoride and varnishes.

**What can happen if my baby gets too much fluoride?** Too much fluoride can cause mottled teeth or dental fluorosis. Fluorosis can range from mild to severe. Mild fluorosis causes chalky white spots or patches on the teeth. Severe fluorosis causes the teeth to have brownish stains. These teeth are healthy but stained. To determine if the water in your area is fluoridated, contact your local water district. Your dentist or pediatrician should also have this information.

**What is Xylitol?**
It is an all-natural sugar alcohol found in many fruits and vegetables and is produced in small amounts by the human body. Xylitol has also been proven to help prevent cavities. The World Health Organization has rated Xylitol as one of the safest food additives.

**Baby’s First Dental Visit:**
Your pediatric dentist can assist you in achieving optimal dental development.

**When should I bring my child to the dentist for the first check-up?** Your baby’s first dental visit should occur 6 months after their first tooth appears or near their first birthday.

**Do I need to take my child to a pediatric dentist or can I use a regular dentist?** If your dentist does not treat children, ask your dentist for a referral to a pediatric dentist, a dentist who specializes in treating children. You can also ask pediatricians, friends, family, neighbors or coworkers with children whom they would recommend.

**What will happen at the first visit?** The pediatric dentist (a dentist who treats children) or general dentist will provide a dental exam and check for cavities and will also get an idea of what your baby’s bite looks like. It will be a “get acquainted” visit. Occasionally,
some dentists will also clean teeth on the first visit. This initial visit should be short and easy. The dentist will also show the parent at-home methods for caring for baby’s small teeth as well as give other useful dental tips and information.

How often does my child need to see the dentist? A check-up at six months and every six months thereafter is recommended in order to prevent cavities and other dental problems.

Diet and Nutrition:
Many of baby’s dietary habits, likes and dislikes, are formed during the first two years of life, when parents have the greatest influence. Choose foods carefully and avoid those that contain large amounts of sugars. This includes natural sugars and complex carbohydrates as these can stick to the teeth and form cavities. And remember, the best form of cavity prevention is to brush your infant’s teeth after every meal and control the amount of sugary treats and foods they eat.

When will my baby be introduced to solid foods?
Between 3-6 months, you will gradually be introducing your baby to solid foods. Choose foods carefully and avoid those that contain large amounts of added sugar. Vegetables and fruits contain all of the natural sugar a baby needs. The amounts of ingredients listed on baby food labels appear from highest to lowest. It is easy to select store-bought foods that do not include added sugar as a major ingredient. It is neither necessary nor desirable to add sugar to baby foods. If you prepare your own baby food, do not add sugar.
What types of foods will improve my baby’s overall dental health?
Snacks for toddlers and older children should be low in sugar and should not include sticky foods that remain in the mouth for long periods of time, such as chewy candies and raisins. Make sure your child has a balanced diet including one serving of fruits and vegetables, breads and cereals, milk and dairy products, and meat, fish and eggs. Limiting the servings of sugars and starches will also aid in protecting your child’s teeth from decay. Food such as vegetables, fruits, cheese and unsweetened fruit juices are accepted by children who have not formed the habit of eating snacks.

Are thumb sucking and pacifier habits harmful for a child’s teeth?
Sucking is a natural, normal desire for infants. Considerable satisfaction is derived from sucking during the first year of life; an infant should not be discouraged from such activity. However, if the habit persists beyond 4-5 years of age, consult your pediatric dentist for advice. Controversy exists whether using a thumb or pacifier is better. This decision should be left to the parents, or in many cases, your baby will tell you. If you feel your baby needs a pacifier, ask your pediatrician or pediatric dentist for the correct style.

What do I do if my baby has a dental emergency?
Knowing how to handle a dental emergency can mean the difference between saving and losing your child’s tooth, here are some helpful tips:
Knocked out tooth:
Keep tooth moist at all times. Hold the tooth by the crown, if the tooth is dirty, rinse the tooth in water. Don't scrub the tooth or remove any attached tissue fragments. The tooth must not be left outside the mouth to dry. If possible, gently insert and hold the tooth in its socket. If it cannot be replaced in the socket, put it in one of the following:

- Milk
- Mouth (next to cheek)
  - Emergency tooth preservation kit
- If none of these is practical, use water (with a pinch of salt if possible)

Bring the child and the tooth to a dentist as soon as possible – ideally within 15 minutes. However, it may be possible to save the tooth even if it has been outside the mouth for more than an hour or more. Baby teeth that have been knocked out typically are not replaced because of the potential damage to developing permanent teeth.

Cracked or broken tooth:
Put cold compress on the face - not on the fractured teeth - to keep swelling down. Take your child to a see a dentist right away. If possible, take the broken tooth fragment with you. The dentist may or may not be able to bond the fragment to the tooth.

Jaw possibly broken:
Apply cold compress to control swelling. Take your child to a dentist or hospital emergency room immediately.
Objects caught between teeth:
Gently try to remove the object with dental floss. If you are not successful, visit your dentist. Do not try to remove the object with a sharp or pointed instrument.

Toothache:
Do not put aspirin on the aching tooth or gum tissues. Take your child to visit a dentist as soon as possible.

Bitten tongue or lip:
Clean the area gently with a cloth, and put cold compresses on the area to keep the swelling down. If bleeding is excessive or does not stop in a short period of time, take your child to a hospital or emergency room.

The makers of Happy Teeth would like to thank Charles Udolph, D.D.S. for his generous time, contribution and guidance in writing this very special Guide. With over 39 years as a practicing pediatric dentist, Charles H. Udolph D.D.S. received his Bachelor of Science degree and his D.D.S. from the University of Southern California (USC). Dr. Udolph went on to the Advanced Periodontics Program at USC and became a Diplomate of the American Board of Pediatric Dentistry. While at USC, he was a Clinical Associate Professor for twenty-five years. He is also a member of the prestigious honorary organization Omicron Kappa Upsilon. Dr. Chuck Udolph has been in practice for thirty-nine years and continues to work with other medical and dental professionals nationwide to ensure the advancement of pediatric dentistry.
Thank you for joining the Happy Teeth family.

if you have any questions about your baby’s oral health,

contact your medical or dental professional as they

are the best source for dental care.

You can also visit our website at,

www.gethappyteeth.com
THANK YOU
FOR CHOOSING HAPPY TEETH