

Dr. Kelsey's Tooth Treats



Infant Oral Health

Infant oral health care should be seen as the foundation for a lifetime of preventive education and dental care. Oral examination, guidance, and appropriate therapeutic intervention for the infant can prevent diseases. Initial oral evaluation visit should occur within six months or the eruption of the first primary (baby) tooth and no later than 12 months of age. This very important first visit is often an information gathering session that can benefit a child for a lifetime. The dentist will gather a complete medical history and perform a thorough dental examination. At that time an assessment will be made of the patient's risk for developing dental caries and determine an appropriate interval for periodic reevaluation.

Premature Loss of Primary Teeth/Space Loss

Whenever primary teeth are lost prematurely, loss of space and arch length can occur and compromise the eruption of permanent teeth or cause some degree of crowding in the permanent dentition. Premature loss of primary teeth can occur due to extraction of non-restorable teeth, avulsion (trauma), or premature exfoliation. The premature loss of primary molars generally requires the placement of a space maintainer to prevent migration of adjacent teeth. When loss of a primary canine occurs, a space maintainer may be used to prevent loss of arch length and perimeter or prevent a midline shift. Placement of a dental appliance for space maintenance is not required with premature loss of primary incisors after age two because mesial movement of adjacent teeth does not generally occur.

Should I worry about thumb or finger sucking?

Thumb sucking is perfectly normal for infants; most stop by age two. If your child doesn't stop, discourage it after age four. Prolonged thumb sucking can create crowded, crooked teeth or bite problems. Some cases orthodontics cannot fully correct. Dr. Kelsey will be glad to suggest ways to address a prolonged thumb or finger habit.

Snack -N- Good Foods

Snacks for your child should be selected from the same food groups that you use in preparing healthful meals: Fresh fruits, green and yellow veggies, lean meats, fish, and poultry, whole grains and cereals, and dairy products. Always select snacks for their nutritional value. Your child with your help can select his snacks from a wide assortment of healthful foods. Avoid items that contain sugar, starches, and excessive amounts of fat. The following list is widely recommended by health professionals:

- a. Fresh fruit & fruit juices
- b. Raw veggies
- c. Dry roasted nuts
- d. Sugarless chewing gum
- e. Pasta & whole grain bread
- f. Poultry (without skin)
- g. Fish
- h. Baked or broiled meats
- i. Skim milk & low-fat dairy products
- j. Beans
- k. pickles

SUPERFOODS

- Beans
- Blueberries
- Broccoli
- Oats
- Oranges
- Pumpkin
- Wild Salmon
- Soy
- Spinach
- Tea
- Tomatoes
- Turkey
- Walnuts
- Yogurt