



Factsheet

First dental visits

When should children have their first dental visit?

The first dental visit is recommended when the first teeth push into the mouth or by age 1, whichever comes first.

What happens at the visit when a baby only has a few teeth?

The dentist will check that your child's teeth are healthy. They will also talk to you about:

- Tooth-friendly foods and drinks
- Tips for brushing and flossing
- Toothpaste
- Habits such as using a dummy or thumb-sucking
- Teething
- What to expect as your child keeps growing

How can I prepare my child for a visit to the dentist?

- Play dentist at home, count your child's teeth, or read positive dental story books.
- Be positive about seeing the dentist.
- Do not tell your child to be brave, this means there is something to be scared of.
- Do not tell stories about your negative experiences, or use words like 'pull', 'needle', or 'drill'.
- Do not use dental visits as a threat or punishment for bad behaviour.

Watch these pro tips
for caring for your
baby's teeth

