



Bethesda Dental Specialties

5 Tips to Better Oral Health For Your Child!

Tip 1



The American Academy of Pediatric Dentistry (AAPD) recommends seeing a pediatric dentist for your child's first dental visit as soon as his/her first tooth erupts, and no later than your child's first birthday. This allows us to discuss prevention from a very early age and if needed, detect tooth decay at a very early stage where it can be treated easily!

Tip 2



The AAPD also recommends two dental checkups and cleanings yearly in order to continue to monitor your child's growth and development, and the possible development of cavities.

Tip 3



At home, brush twice daily with fluoride toothpaste, using a smear-sized amount for children under age 3 and a pea-sized amount for child age 3-6.

Tip 4



You will need to help with brushing your child's teeth until your child has enough manual dexterity to brush alone. Usually a good gauge for the development of this dexterity is when your child can tie his or her own shoes!

Tip 5



Finally, even youngsters need to floss! If you cannot see space between your child's front or back teeth, your toothbrush bristles can't get through there either. Parents will need to help floss your child's teeth in those areas.

Dr. Taryn Weil

Pediatric Dentist

Come visit us!

We are located at:
4405 East-West Highway #102
Bethesda MD 20814

Call or email us for any questions
or for more information:

Phone: 301-654-3011

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