

Basic Oral Health

Toothbrushes:

Any Soft Bristle Toothbrush is capable of removing plaque and applying fluoride to the teeth; staged toothbrushes are more appropriately sized for the child's mouth at the right developmental stage such as the [Colgate Kids series](#); for infants, the [Baby Bannana Toothbrush](#) and its variations are a great first brush that are safe for children to handle on their own with no risk of fall associated trauma

Toothpaste:

Any fluoridated toothpaste. [Just Right Fluoride dispensers](#) are specifically designed to provide a "pea or rice" sized amount of toothpaste (about 0.25 gram) that is recommended for children under six

Floss:

Once teeth are touching they should be flossed; for children use of [GumChucks](#) flossing aids or pre-assembled flossers such as [Plackers Kids Flossers](#) are helpful

Mouthrinse:

Any over the counter mouth rinse with Fluoride is sufficient and very helpful

Oral Hygiene Aids

Xylitol Wipes: [Spiffy Wipes](#) are a great solution to cleaning the infant/child's mouth in between meals or when brushing is not possible
[Surround Brush and Mouth Proops from Specialized Care Company](#)

Supplemental Fluoride Sources:

It is best to simply consume Fluoridated water. If using bottled water, optimally Fluoridated water available through Danone; [see link for other sources](#)

Thumb Sucking Habits and Pacifiers

It is best if children don't use pacifiers or suck their thumb as both these activities can negatively affect the proper growth of the teeth and face; that said the following are recommended related products: [Gibby Pacifier](#) & [Platex OrthoPro](#)
For 3-4 year olds with affected teeth we may recommend [Infant myobrace](#) therapy



once she is 3, we can explore using the infant myobrace if she is still having issues:

http://myoresearch.com/appliances/appliances/infant_trainer_soft



best way to say hello? smile

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