

Dental Care for Newborns

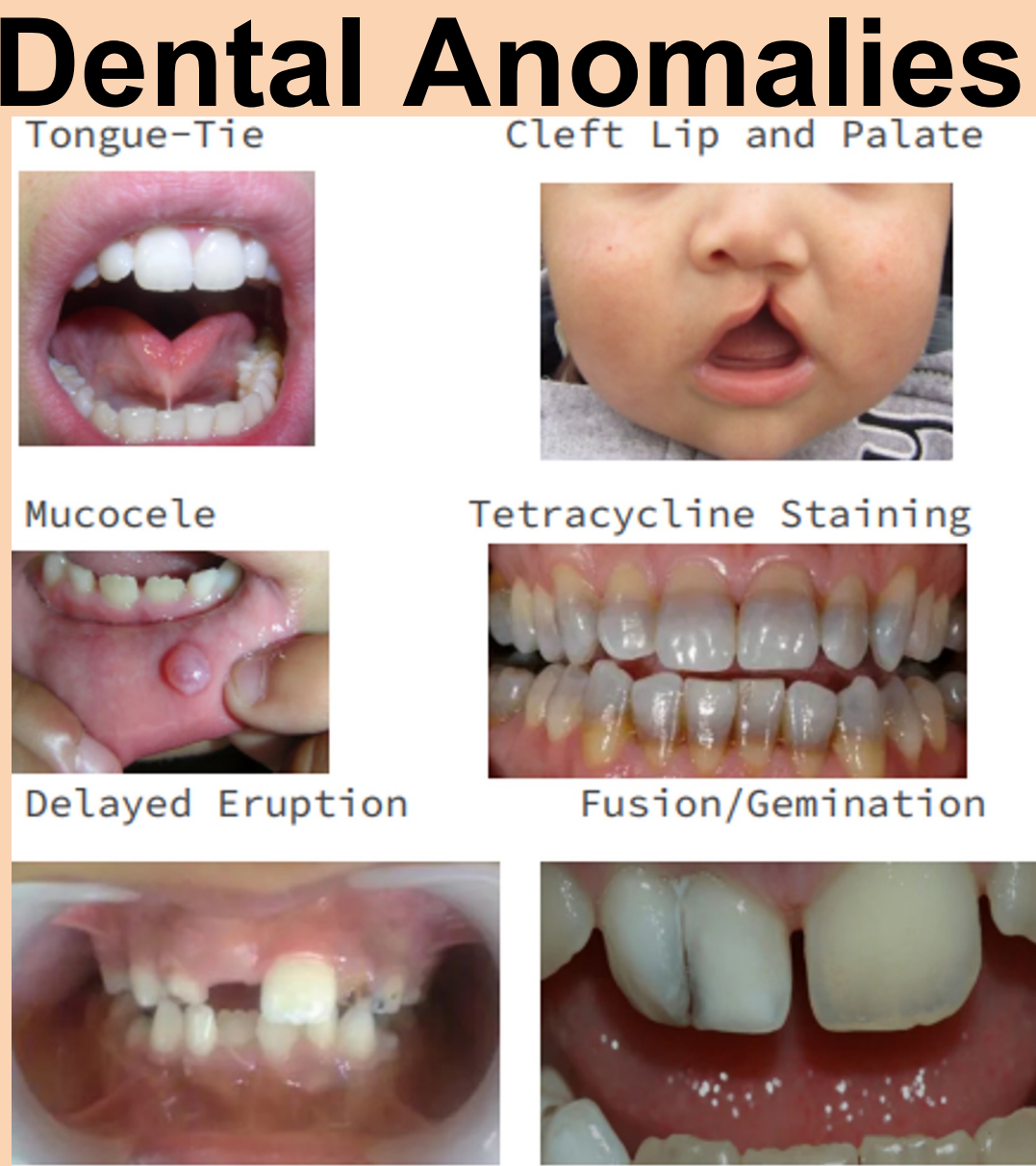
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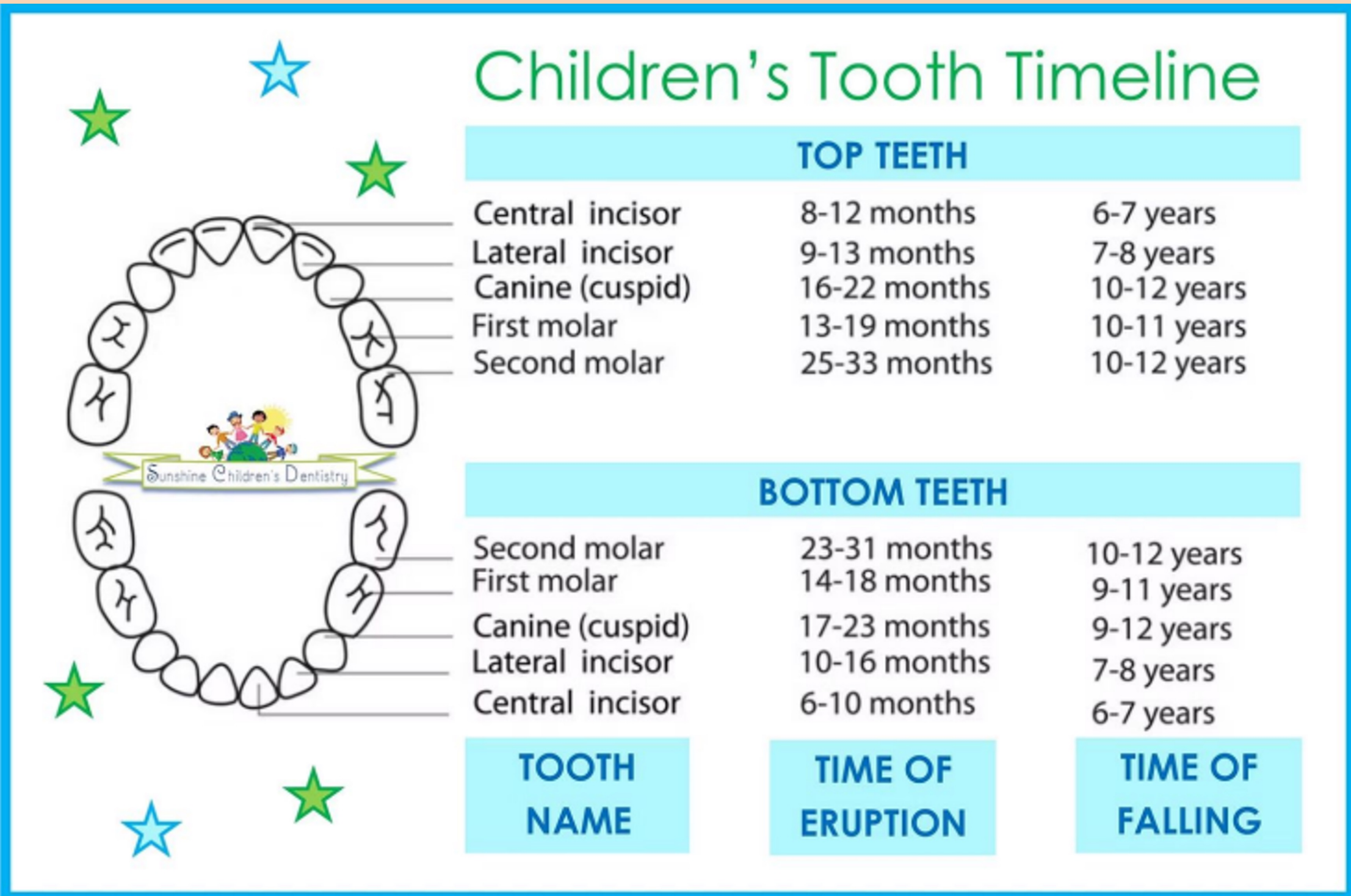
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Newborn Dental Timeline



0-6 months:

- Teething begins 4-6 months
- Wipe gums after feeding
- Dental decay is infectious and transmissible!

6-12 months:

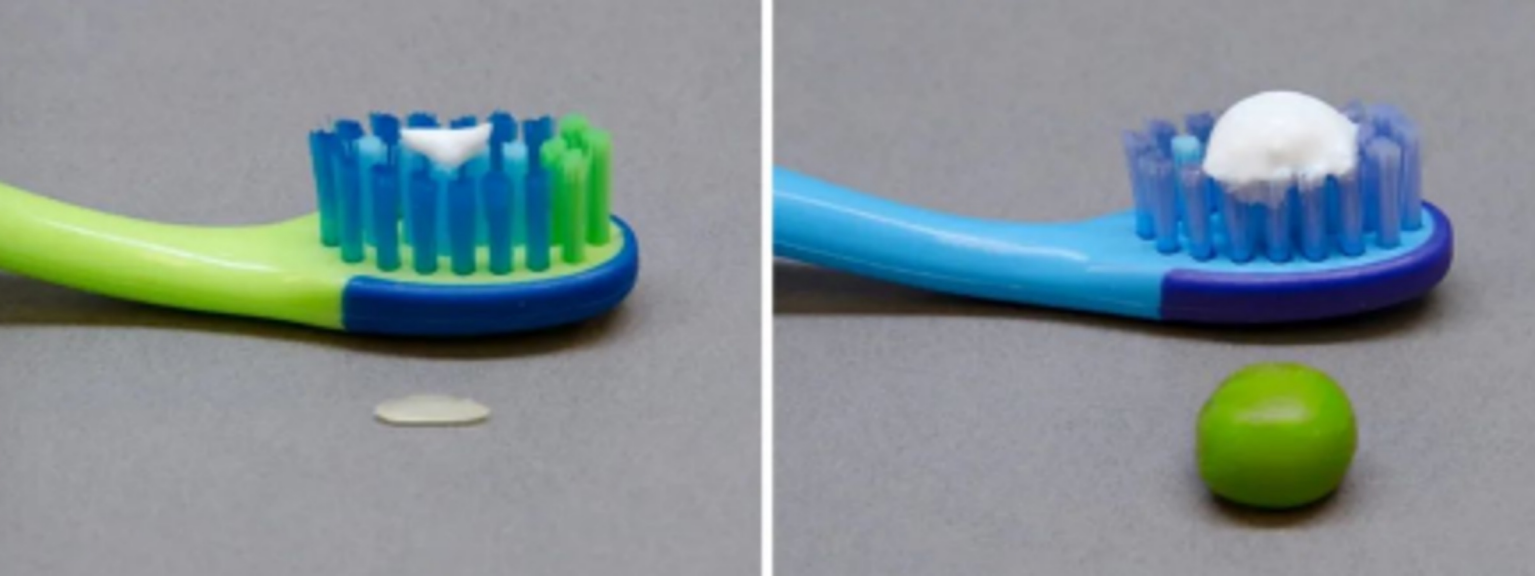
- Wean baby off bottle feeding
- Schedule a dental appointment after first teeth appear
- Brush with soft toothbrush and plain water

12-18 months:

- Familiarize yourself with normal appearance of child’s teeth
- Check for white/brown spots on teeth
- Discuss fluoride supplementation with pediatrician

18 months- age 5:

- All primary teeth should be erupted by 30 months
- By age 2, begin brushing with pea sized amount of toothpaste
- By age 3, most toddlers stop thumb sucking and using pacifiers

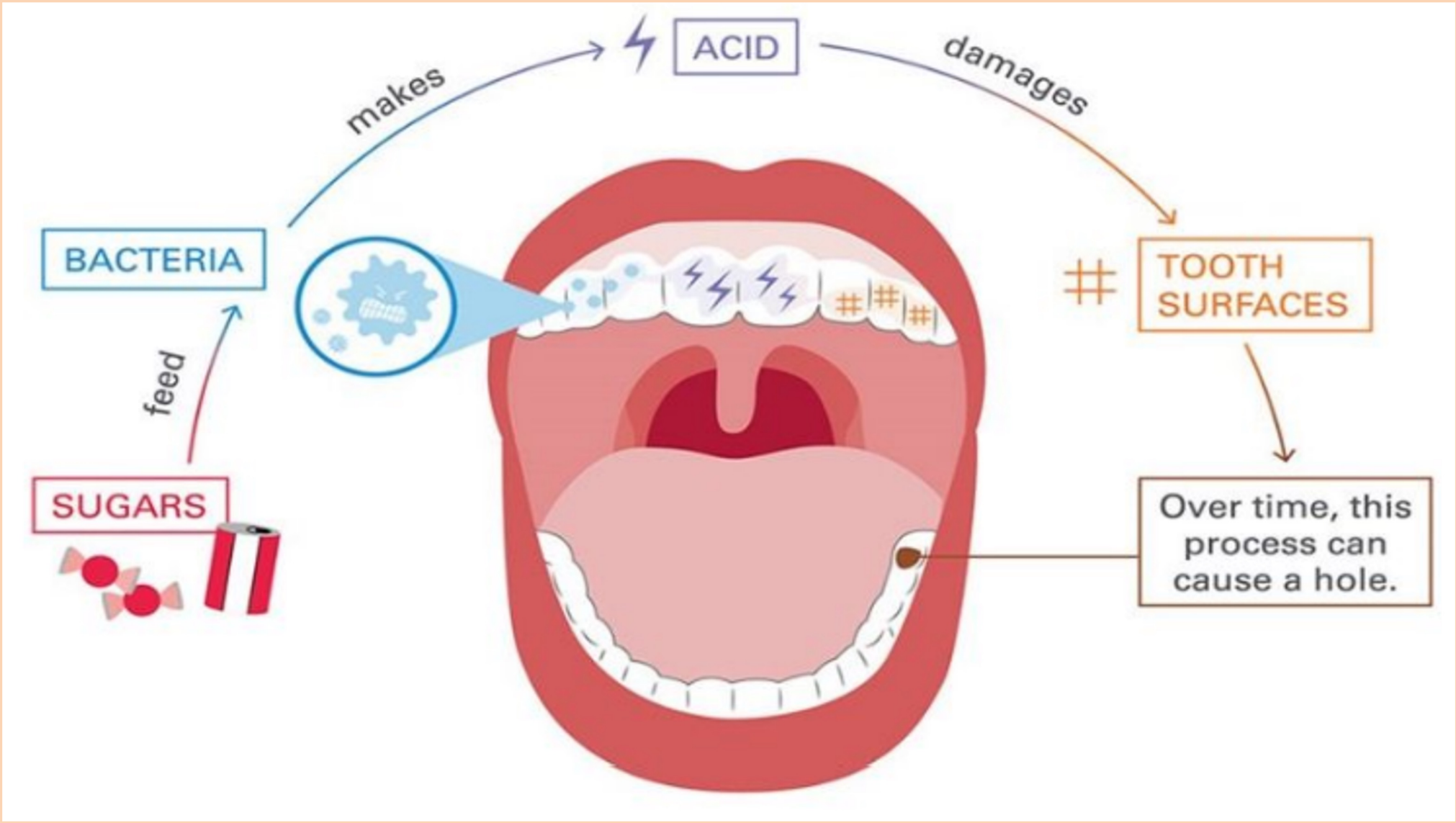


Introduction

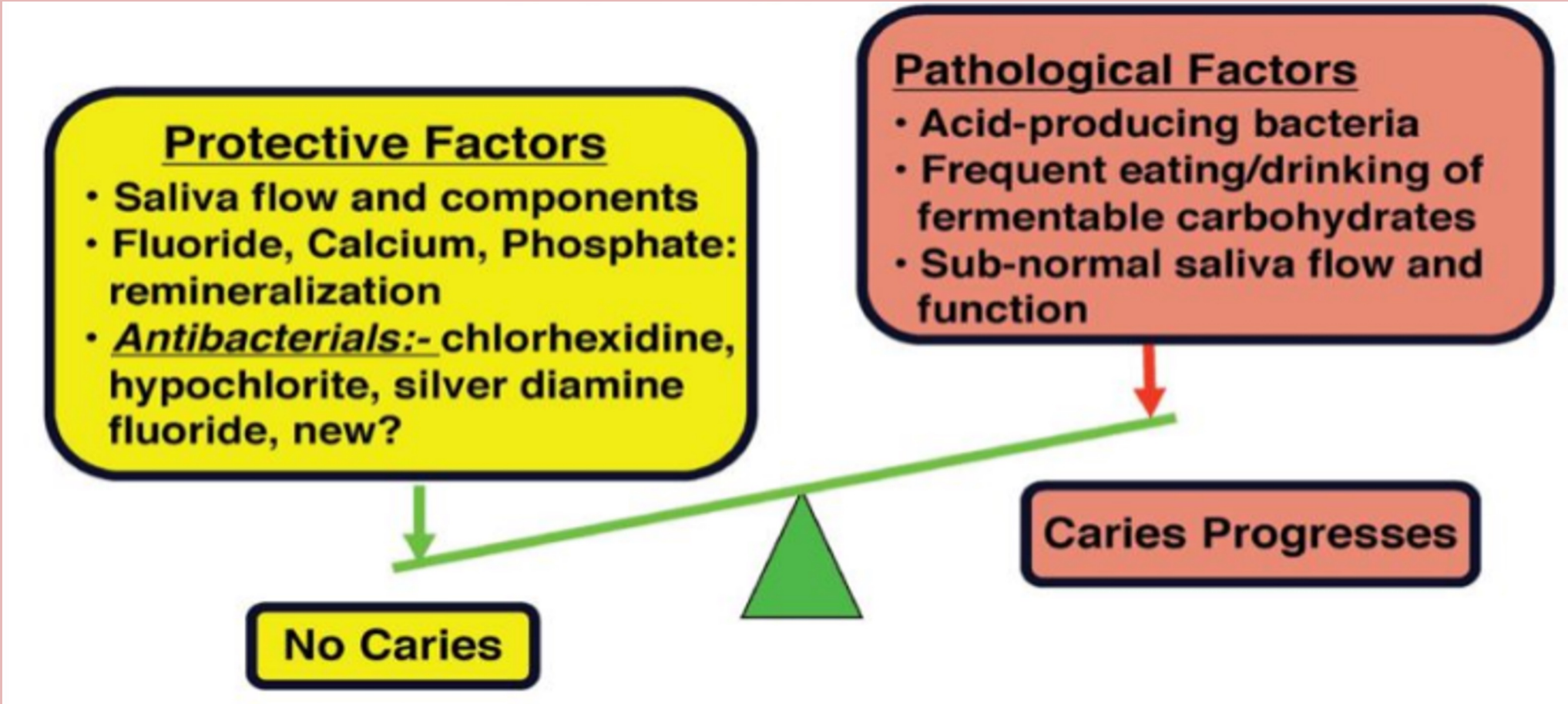
Oral health care for newborns can be stressful, as there is not clear information readily available and there is plenty to adjust to in parenthood. The aim of this project is to educate parents on dental care for newborns.

How do Cavities/Caries Form?

- Sugar + Bacteria = Acid Production
- Acid Weakens Enamel (Demineralization)
- Continued acid attacks lead to cavities developing



Caries Defense



Is Fluoride Safe for Children?

- Fluoride is safe in the right quantities!

Age	Fluoride concentration in drinking water, mg/L		
	< 0.3	0.3-0.6	> 0.6
Birth to 6 months	None	None	None
6 months to 3 years	0.25 mg/day	None	None
3-6 years	0.50 mg/day	0.25 mg/day	None
6-16 years	1.0 mg/day	0.50 mg/day	None

- Fluoride can be found in many different sources: tap water, bottled/canned water, fluoride supplements
- When overconsumed, can lead to fluorosis...



Conclusion

Establishing proper dental care habits early in life is essential for promoting lifelong oral health and preventing future dental issues. By educating parents and caregivers, we can ensure that children and newborns receive the foundation they need for healthy smiles.

Acknowledgements

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