



Key Information That Every Parent Should Know

1. During pregnancy, expectant mothers should make sure her prenatal vitamin contains **Folate** rather than **Folic Acid**. Folic Acid is said to be linked to postpartum depression symptoms.
2. **Wild Yam Cream** can be a beneficial tool to navigating postpartum hormones.

(It's crucial to consult with a healthcare provider, such as a doctor or midwife, before using wild yam cream postpartum, especially if breastfeeding or if you have any existing health conditions.)

3. **Xlear Nasal Spray** is a key product to have to avoid chronic ear infections in your infant! One spray in each nostril prior to a diaper change will guarantee the xylitol-based spray gets down into the ear canal & throat.
4. A child's first visit should be no later than age 3. We typically recommend six months after the eruption of the first tooth or by age one. Early examination and preventive care will protect your child's smile now and in the future.
5. A big concern is Early Childhood Caries (also known as baby bottle tooth decay or nursing caries). Children risk severe decay from using a bottle during naps or at night or when they nurse continuously from the breast.
6. Infants should start on solid food at the age of 6 months (with the recommendation from their pediatrician of course). Give your 6-month-old hard foods to break to reduce the risk of choking (i.e Peeled cucumber, raw carrot, celery stalk, etc.) Giving real food over purees encourages your child to use their muscles for chewing properly, supports oral motor skill development, and helps babies adjust to new tastes and textures.
7. Encourage children to drink from a cup as they approach their first birthday. Children should not fall asleep with a bottle. At-will nighttime feeding should be avoided after the first primary teeth begin to erupt. Juice should be limited, and when juice is offered, it should be in a cup diluted with water.
8. Children should be weaned from a bottle at 12-14 months of age.
9. Thumb sucking is perfectly normal for infants; most stop by age 2 and it should be discouraged after age 3. Prolonged thumb sucking and pacifier use can create crowded, crooked teeth or bite problems. Dentists can suggest ways to address these problems.
10. NEVER dip a pacifier into honey or anything else sweet before giving it to a baby.
11. Parents should ensure that young children use an appropriate size toothbrush with a small brushing surface and only a pea size amount of toothpaste at each brushing.

Young children should always be taught to spit out rather than swallow toothpaste. Parent should also follow up brushing child's teeth until at least 4 years of age. Unless advised to do so by a dentist or other health professional, parents should not use fluoride toothpaste for children less than two years of age.

12. **Nano-hydroxyapatite** is a synthetic, biocompatible mineral that mimics the natural composition of tooth enamel and bone. Many dentists are now recommending children under the age of 6 use a Fluoride free toothpaste that contains Nano-hydroxyapatite.
13. Here at Valley View Dental, we recommend **Dr. Jen's Fluoride Free Toothpaste!** Ask any of our clinical staff members how to get yours today!
14. From six months to age 3, children may have sore gums when teeth erupt. Many children like a cooled, clean teething ring to chew on.
15. Never clean pacifiers and/or eating utensils with your own mouth before giving them to children. That can transmit adults' bacteria to children.