



**CHEAT SHEET  
EVERYTHING  
YOU  
NEED TO  
KNOW  
ABOUT  
YOUR  
CHILD'S  
TEETH AND  
ORAL  
HEALTH**

**BITE DENTAL CLINIC ( AKA.  
AASHRAY LASER DENTAL)  
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# PROLOGUE

Dental care needs more than just trips to the dentist. It starts at home and nothing makes u happier than tell you that your child has perfect teeth and we won't need to see them for another 6 months !

After treating kids for a decade and a half ( to be finished ) With that as our foundation, we decided to write you a manual to eliminate your doubts and help guide you to a new path of better oral health.

**“BRAVE  
CHILDREN AREN'T  
BORN, THEY ARE  
RAISED BRAVE”**

# 1. INTRODUCT ION

## Why Children's Teeth Matter

Here's the thing most parents don't realize: baby teeth aren't just placeholders. They're the training wheels for everything that follows — chewing, speaking, even guiding permanent teeth into the right spot.

If we take them lightly, the problems show up years later as crooked smiles, speech issues, or unnecessary dental work.

At Bite Dental, we like to keep it simple: **strong baby teeth = smoother ride into adulthood.**

□ **Quick facts most parents don't know:**

Cavities in kids are more common than asthma.

Fixing a small cavity early is 10x easier (and cheaper) than waiting



**SECTION 2:  
UNDERSTA  
NDING  
YOUR  
CHILD'S  
TEETH**

# KIDS' MOUTHS CHANGE FASTER THAN YOU CAN KEEP TRACK OF. HERE'S THE USUAL TIMELINE:

**0-6 months:** Gummy grins only, but still clean gums with a soft clean cloth. Ideally sterilise the cloth in the same unit at the baby bottles.

**6-12 months:** The first tooth shows up (usually bottom front). [Perfect time for the first dental](#)

**visit.** This tooth might be a little crooked or rotated at the start, but don't worry your child's jaw will grow around it and it should straighten out.

**1-3 years:** Full set of 20 baby teeth. These guys work hard, so keep an eye on them.

**6-12 years:** Swap zone — baby teeth fall, permanent teeth erupt.

**12+ years:** Most permanent teeth in, wisdom teeth take their sweet time (late teens-20s).

### □ **Why baby teeth matter (even though they fall out):**

**T**hey keep space for the adult teeth underneath.

Their enamel is thinner, so cavities travel faster.

Healthy teeth mean your child can eat better, sleep better, and feel better.

□ **Quick parent tip:** If you notice brown or white spots, teeth falling out too soon, or new teeth crowding in — it's worth checking in.



“EVEN A SINGLE CAVITY CAN QUICKLY SPREAD TO THE OTHER TEETH SO EARLY FILLING AND PREVENTION CAN SAVE YOUR

# CHILD YEARS OF TRAUMA”

## SECTION 3: BRUSHING & ORAL HYGIENE

**R**ushing isn't about sparkling toothpaste ads — it's about building a habit early. The trick? Make it simple, consistent, and supervised.

□ When **to start: As** soon as the first tooth erupts (around 6 months). Use a soft baby brush or even just a finger brush.

□ **Toothpaste rule of thumb:**

**Under 3 yrs** → smear of fluoride paste, the size of a rice grain.

3-6 yrs → pea-sized amount.

After 6 yrs → normal adult amount.

□ How to **brush**:

**Gentle** circles, not aggressive scrubbing.

Focus on gumline — that's cavity HQ.

Two minutes, twice a day.

□ Why **supervision matters**: **Kids** are masters at the "pretend brush." Until age 7-8, parents need to help or at least watch.

□ Hack for **parents**:

**Try brushing** apps or songs (2-minute timers work wonders).

Use disclosing tablets once a month to show "missed spots."

Family brushing time → kids copy what they see

## TOOTHPASTE AMOUNTS FOR CHILDREN



**Under 3 years**  
Grain of rice



**Ages 3-6**  
Pea-sized



**6+ years**  
Small ribbon

### Fluoride toothpaste

For dental guidance only. Consult your dentist on proper use of toothpaste.

**Bite Dental Clinic**

**&**

**NUTRITIO  
N — HOW**

**FOOD  
SHAPES  
SMILES**

**MOST P  
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S KNOW  
SUGAR IS  
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AND  
“HOW”  
OFTEN  
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THEM.**

▣ **It's not the sugar, it's the schedule.**

Cavity-causing bacteria feed on sugar and release acid for 20–30 minutes **after every** snack.

If kids nibble all day, their teeth are under acid attack constantly.

*That's* why a single chocolate bar after dinner is less damaging than 4 cookies eaten hours apart.

## ☐ **Juice and flavored milk: the sneaky culprits.**

A small juice box can have as much sugar as a can of soda.

“No added sugar” still means natural sugar — and teeth don't care if it's natural or refined.

Flavored milk (strawberry/chocolate) is basically dessert in disguise.

## ☐ **Foods that fight back:**

**Cheese:** raises mouth pH, making it less acidic.

Fibrous **veggies & fruits: carrots, celery,** and apples scrub surfaces naturally.

Water: the **cheapest,** easiest cavity fighter.  
Fluoridated water (if available) is even better.

## ☐ **Bottle & sippy cup warnings:**

Night bottles with milk or juice cause “baby bottle caries,” often attacking front upper *teeth first*.

*Sippy cups* filled with juice encourage long contact with sugar. Best to keep them for water only.

☐ Cool fact for **parents: Did you know** raisins are stickier and more cavity-causing than chocolate? Sticky dried fruits cling between teeth far longer than a piece of chocolate that melts and washes away.



Come in for a quick diet counselling at Bite Dental for an expert introspection into your diet

# 5. Habits That AFFECT TEETH

**KIDS ARE  
FULL  
OF QUIRKS.  
MOST ARE  
HARMLESS,  
BUT SOME  
CAN SHAPE  
HOW THEIR  
JAWS AND  
TEETH  
GROW.**

**□ Normal & self-limiting:**

**Thumb sucking under age 3 → calming reflex**, usually fades on its own.

Occasional **teeth grinding (bruxism) → common in toddlers**, often related to deep sleep stages.

### ⚠ **Habits to watch out for:**

**Thumb sucking beyond 4-5 yrs: can push upper teeth forward**, create an open bite, and even affect speech.

Pacifiers past **toddler years: same risks as thumb sucking**, plus constant pressure on the palate.

Mouth breathing: **often missed**, but chronic mouth breathing can cause long, narrow jaws, gummy smiles, and even poor sleep quality.

### ☐ **Other quirks to keep an eye on:**

**Tongue thrusting: pushing the tongue against teeth while swallowing → leads to open bites.**

Lip biting: can **flare upper incisors** and strain gums.

Nail biting: **tiny chips, enamel wear**, and a higher risk of dental trauma.

### ☐ **Sleep-linked habits:**

Kids who snore loudly or grind excessively may have underlying airway issues. Poor sleep affects attention span, behaviour, and growth.

□ Fun fact for parents: **Did you know that** by watching a child's posture, breathing, and swallowing, a pediatric dentist can often predict future orthodontic needs before the age of 7?

## 6. Preventive D



n **TISTRY —**  
**STOPPING**

**PROBLEMS  
BEFORE  
THEY  
START**

# MOST DENTAL ISS ES IN --- KIDS ARE PREVENTAB LE WITH SMALL, CONSISTEN T STEPS.

## **Fluoride varnish**

Applied in-clinic, painted onto teeth in minutes.

Strengthens enamel, making it more resistant to acid.

Can cut cavities by 60-70%.

□ Sealants

**Thin**, clear coatings brushed onto back molars.

Molars have deep grooves → perfect hiding spots for bacteria.

Sealants block those grooves and last for years.

☐ Regular checkups

Every 6 months, even if things “look fine.”

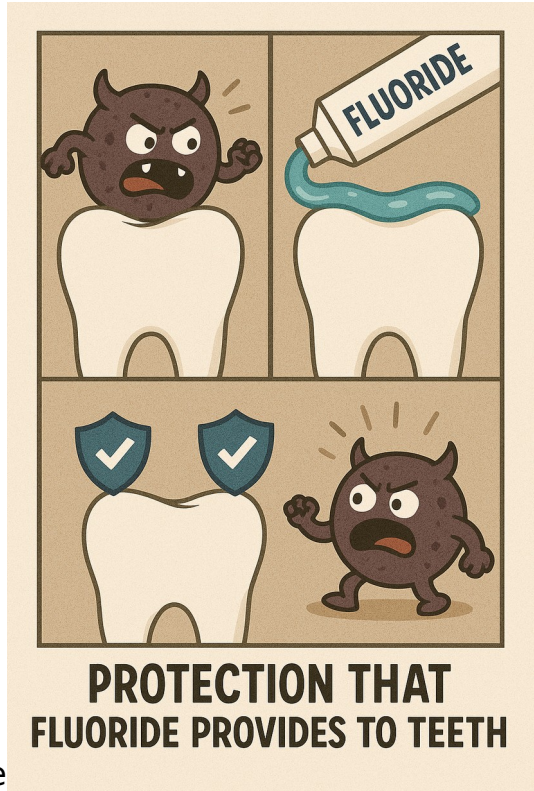
Kids often don't report pain until cavities are deep.

Early visits = quick, painless fixes instead of long appointments.

☐ X-rays

Low radiation (a flight from Delhi to Mumbai gives more).

Essential for spotting cavities between teeth and *tracking* tooth growth.



- Cool fact: By age 3, **1 in 5** children already has a cavity — but with fluoride + sealants + routine checks, most of those could have been prevented.

7. Common Childhood De**NTAL**

**ISSUES —**

**WHAT**

**PARENTS**

**SEE MOST**

**EVEN WITH  
GREAT  
BRUS**

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**ING, MOST  
CHILDREN  
RUN INTO  
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DENTAL  
HICCUP.  
THE KEY IS**

# SPOTTING IT EARLY.

## ☐ Cavities (Dental Caries)

Baby teeth enamel is 50% thinner than adult **enamel** → **cavities** spread 5x faster.

They often begin between the back molars where toothbrush bristles don't reach.

Untreated cavities can infect the developing permanent teeth underneath.

☐ Fact: Kids with untreated **tooth** pain miss more school days than kids with asthma.

## ☐ Gum Problems

Bleeding gums when brushing = early gingivitis.

Plaque buildup irritates gums → swelling, bad breath, sometimes even pus.

Often reversed with professional cleaning + consistent brushing.

☐ Fact: Even toddlers can get **gum** disease — it's not just an adult issue.

## ☐ Dental Trauma

Falls, sports, or bike mishaps are the most common causes.

Chipped teeth can usually be bonded back; knocked-out permanent teeth can often be replanted if handled right.

For baby teeth, replanting isn't done, but an evaluation is crucial to protect the permanent tooth underneath.

□ Fact: About 1 in 3 children **will** experience some kind of dental trauma before adulthood.

## □ **Early Orthodontic Concerns**

Crowding, gaps, or delayed eruption around ages 6–8 often signal future orthodontic needs.

Habits like thumb sucking or mouth breathing worsen the risk.

Early orthodontic “interceptive” care can shorten or simplify future braces/aligner treatment.

□ Fact: The American Association **of** **O**rdodontists recommends the first ortho check by age 7.

# **8. MYTHS VS FACTS**

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# **CLEARING UP PARENT CONFUSIO N**

**PARENTS  
HEAR  
PLENTY OF  
WELL-  
EARNING  
ADVICE  
THAT JUST  
ISN'T  
TRUE.  
LET'S SET  
THE**

# RECORD STRAIGHT:

□ **“Milk teeth don’t matter — they’ll fall out anyway.”**

□ Baby teeth are placeholders. If lost early, adult teeth drift into the wrong space, leading to crowding and costly orthodontics later.

□ “Sugar causes cavities.”

□ It’s not just sugar — it’s the frequency.

One dessert eaten **at once** = less risk.

Frequent snacking (chips, biscuits, juice boxes) = steady acid attacks.

□ Fact: Starchy foods like bread, **chips**, and crackers can be just as harmful as candy — they stick in grooves and feed bacteria.

□ **“Brushing harder = cleaner teeth.”**

□ Brushing harder scrubs away enamel and irritates gums. The trick is gentle circles for 2 minutes.

## □ **“Only sweets cause cavities.”**

□ Anything that breaks down into sugar feeds cavity-causing bacteria. That includes fruit juices, dried fruits, sports drinks, and even flavored milk.


□ Fact: Sports drinks are often **more acidic** than cola — eroding enamel even faster.

## □ **“Dental visits are only needed when there’s pain.”**

□ By the time pain shows up, the problem is usually advanced. Preventive checkups keep treatments painless and short.

# WHEN THINGS GO WRONG

# ACCIDENTS ARE PART OF CHILDHOOD

 ■ Knowing what to do in the first 10 minutes can make the difference **between** saving and losing a tooth.

- Knocked-out Tooth (Avulsion)

**Permanent tooth:**

**Pick it up by the crown (white part),** not the root.

Rinse gently if dirty, but don't scrub.

Place back in the socket if the child can cooperate. If not, place it in cold milk or under the tongue (**older kids** only).

Rush to the dentist — best results if seen within 30 minutes.

Baby tooth:

Do not **reinsert**. **Bring your child** in *for* assessment to protect the permanent tooth underneath.

□ Fact: 85% of teeth replanted within **30** minutes survive long term.

□ Chipped or Fractured Tooth

Save the broken fragment in milk or saline — it may be bonded back.

If tooth nerve is exposed, it may look pink — cover with a clean gauze and see dentist ASAP.

□ **Pain or Swelling (middle of the night crisis)**

Apply a cold compress to the cheek (never hot).

Avoid placing aspirin directly on gums — it burns tissue.

Call your pediatric dentist first thing in the morning  
(or emergency line if swelling is spreading).

□ Parent Hack: Dental First-Aid Kit

**Keep a small pouch with:**

**Gauze pads**

Ice pack

Clean container with lid (for fragments/teeth)

Dentist's number on speed dial

10. The bite Dental Advantage

At **BITE**  
**DENTAL,**  
**WE DON'T**  
**JUST**

**“TREA**

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**TEETH.”**

**WE HELP**

**RAISE A**

**GENERATI**

**ON THAT**

**FEELS**

**POSITIVE,**

# FEARLESS, AND CONFIDEN T ABOUT DENTAL VISITS.

✦ Meet Our Specialists

Dr. Achla **Goel (Pediatric Dentist)-**



**The most gentle child  
specialist you've** even known - Trained to treat  
infants, toddlers and special needs - Performs the

entire spectrum of paediatric dental procedures with the latest technology

Dr. Aman Sachdev( Orthodontist)- I



**visalign Diamond expert - A master** of braces and tooth alignment with over 2000 cases successfully completed - From simple thumb-sucking correction to complex mal-occlusions, with Dr Aman you're covered 100%. - Performs the entire spectrum of paediatric dental procedures with the latest technology

□ What We Offer in Pediatric Dentistry

**Checkups & Cleanings — preventive care with brushing & diet** counselling.

Fluoride Treatments — safe varnish to **strengthen enamel.**

**Pit & Fissure Sealants — invisible shields for molars.**

**Fillings — tooth-coloured and minimally invasive.**

**Pulp Therapy (Pulpotomy & Pulpectomy) — saving infected baby teeth.**

**Pediatric Crowns — stainless steel & aesthetic caps for damaged teeth.**

Space Maintainers — to protect alignment **when teeth are** lost early.

Habit Breaking Therapy — thumb sucking, **pacifiers, nail biting**, mouth breathing.

Emergency & Trauma Care — chipped, **fractured, or knocked-out** teeth.

Early Orthodontics — interceptive guidance **to reduce future** braces time.

Special Needs Dentistry — gentle, **customized care for children** with unique requirements.

□ How to Book

Booking is simple — **scan the QR code b**



**low or tap through**

**online:**

Or call 9810664561 / 7533951611

□ Why Parents Trust Bite Dental

700+ □□□□□ **Google Reviews**

3 Convenient Clinics (Meera Bagh · Gurugram · Ambica Vihar)

11+ Years serving Delhi NCR families

Friendly, specialist-led team with a child-first approach

□ Parents consistently tell us: “My child didn’t just tolerate the dentist — *they enjoyed it.*”

*Share this with someone that might need it*

**WE'RE MAKING  
OUR JOB EASIER**

**BY MAKING YOUR**

**JOB**

**EASIER**

**BY BITE  
DENTAL**

**CLINIC**

**DR**

**SHREY I**

**DR**

**SHAMINDHI I**

**DR ACHLA**