

Did you know?



The first dental visit

Your baby's first tooth is a major milestone - and it's also the perfect time to start a lifetime of good oral health. The South African Dental Association recommends that children have their first dental visit by their first birthday, or within six months of their first tooth appearing.

Early visits are not only about checking for cavities. They also help your child get comfortable in the dental environment and allow parents to learn how to care for those tiny teeth from the very start. By introducing the dentist early, children are more likely to grow up with positive attitudes toward dental care and fewer oral health problems later in life.

What to Expect During the Visit

During your child's first appointment, the dentist will gently examine their mouth to ensure that the teeth, gums, and jaw are developing properly. They may discuss common topics such as teething, thumb-sucking, fluoride use, and the best ways to clean your baby's teeth and gums.

You will also receive valuable guidance on nutrition and oral hygiene to help prevent early childhood decay - one of the most common yet preventable dental issues in young children.

Building Healthy Smiles from the Start

Early dental visits are about more than just teeth: they're about building trust, confidence, and lifelong healthy habits. When children grow up seeing the dentist as a friendly partner in their health, they're more likely to maintain regular visits and take good care of their smiles as adults.

By making that first appointment early, you're setting your child up for a lifetime of healthy, happy smiles.

To find a SADA-registered dentist near you, [click here](#)

Information supplied by The South African Dental Association

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