

## 1) White Spots on Baby Teeth? What You Need to Know



White spots on your child's teeth can be an early sign of dental issues and should not be ignored. These chalky or cloudy-looking patches often appear on the front teeth and may indicate the beginning of **tooth enamel demineralization**—a stage before a cavity forms.

One common cause is **early childhood caries** due to frequent consumption of sugary foods or drinks, especially through bottles or sippy cups. In some cases, white spots may also be due to **fluorosis**, which occurs when a child consumes too much fluoride while their teeth are developing.

The good news is that early detection can prevent further damage. Regular brushing with a fluoride toothpaste (in the right amount), healthy snacking habits, and routine dental visits are key to keeping your child's smile healthy.

If you notice white spots, consult a pediatric dentist promptly to assess the cause and get proper guidance. Early care means a healthier future.

## **YOUR SARASWATI DENTAL COLLEGE TEAM IS HERE TO HELP!**

Remember, you're not alone in this journey. We are here to support you and your growing family every step of the way. If you have any questions or concerns about your dental health during pregnancy, or about your child's future dental care, don't hesitate to reach out to us. We're dedicated pediatric dental experts in **Saraswati Dental College and Hospital** providing the best care for you and your baby, ensuring that both of you have the healthiest smiles possible.