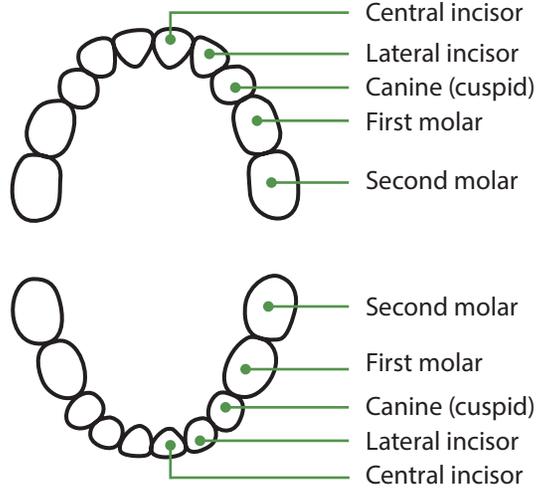


Primary teeth (development) chart



Upper Teeth	When Teeth Come In	When Teeth Fall Out
Central incisor	7 – 12 months	6 – 8 yrs.
Lateral incisor	9 – 13 months	7 – 8 yrs.
Canine (cuspid)	16 – 22 months	10 – 12 yrs.
First molar	13 – 19 months	9 – 11 yrs.
Second molar	25 – 33 months	10 – 12 yrs.
Lower Teeth	When Teeth Come In	When Teeth Fall Out
Central incisor	6 – 10 months	6 – 8 yrs.
Lateral incisor	7 – 16 months	7 – 8 yrs.
Canine (cuspid)	16 – 23 months	9 – 12 yrs.
First molar	12 – 18 months	9 – 11 yrs.
Second molar	20 – 31 months	10 – 12 yrs.

This pamphlet gives you information about:

- Early childhood tooth decay
- Baby mouth care
- Baby teeth
- Teething
- Thumb-sucking
- Pacifiers
- Nutrition
- First dental check-up

For more information about oral health, please visit halton.ca/oralhealth

Give Your Child A Healthy Happy Smile



Early childhood tooth decay

When your baby's first teeth appear, you need to take care of them to prevent Early Childhood Tooth Decay. Early Childhood Tooth Decay occurs when the teeth are not being cleaned, and liquids (other than water) are left in the mouth over and over again. For more information, talk to your health care provider.

Baby mouth care

- Before teeth appear, gently clean your baby's mouth twice a day using a clean piece of gauze or the corner of a clean washcloth.
- When baby teeth start to appear, use a small toothbrush to clean them.
- Up to your child's 3rd birthday, no fluoride toothpaste is needed unless advised by an oral health professional.
- Teach your child to brush at an early age even if their technique is not perfect. Use only pea-sized portions of toothpaste.
- While they are learning to brush, keep cleaning your child's teeth at least once a day.
- Check your baby's teeth. Lift the baby's top lip and look at the front and back of the top four teeth. If there are any brown or white spots between the teeth or along the gum line, take your child to the dentist.



Baby teeth

Baby teeth are important for chewing food, learning to speak properly, providing space for adult teeth, good health, and appearance.

- Your baby will develop 20 baby (primary) teeth.
- The first tooth usually appears between 5 to 10 months.
- If not properly cared for, baby teeth can get cavities (decay) and cause the child pain.
- If baby teeth have to be removed too early, permanent teeth may grow in the wrong way.

Teething

Teething may cause crankiness or drooling. Fever and diarrhea are not usually related to teething. If your child has these symptoms talk to your doctor.

For relief:

- Give your child a Canadian Standards Association (CSA) approved teething ring that has been chilled (not frozen).
- Do not use gels or ointments, as these can be harmful. Consult your doctor or dentist.
- Massage your baby's gums with a clean finger.

Thumb-sucking

Thumb-sucking is common for children up to the age of four. After four, it can affect the positioning of the permanent teeth. If this habit continues, consult your dentist.

Pacifiers

If your baby is using a pacifier:

- Do not dip pacifier (soother) into honey, sugar, or any other sweet liquid as this can cause tooth decay
- It is best to clean your baby's pacifier by rinsing it under water

Nutrition

Children need to eat balanced meals according to *Eating Well with Canada's Food Guide* to develop healthy teeth. Children should not have more than the recommended amount of juice in a day, as it contains sugar. Quench your child's thirst with water.

First dental check-up

Your child's first visit to the dentist should be around the age of one or shortly after the primary teeth begin to erupt. Your child should visit the dentist before there is a problem with their teeth. If possible, prepare your child prior to the check-up by letting them know what happens at the dental office. When talking to your child do not use words like hurt or pain.