

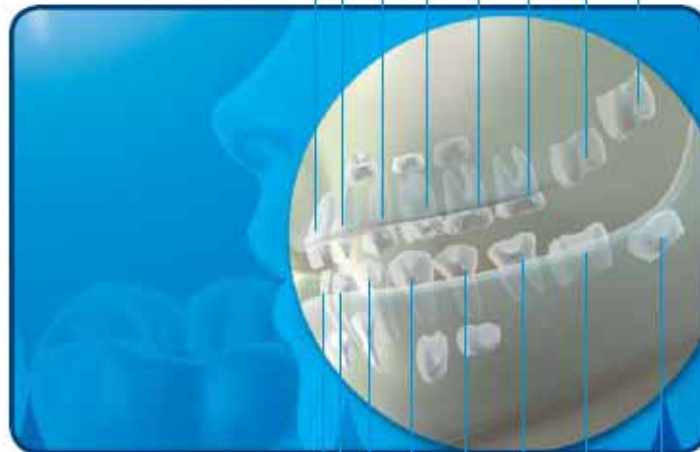
Your Children's Teeth

Children's teeth begin forming before birth. As early as 4 months, the first primary, or baby teeth, erupt through the gums. All 20 of the primary teeth usually appear by age 3, although their pace and order of eruption varies.

Permanent teeth begin appearing around age 6. This process will continue until approximately age 21.

Upper Teeth

	Primary Erupt (mo)	Permanent Erupt (yr)
Third molar		17-21
Second molar	25-33	12-13
First molar	13-19	6-7
Second premolar		10-12
First premolar		10-11
Canine (cuspid)	16-22	11-12
Lateral incisor	9-13	8-9
Central incisor	8-12	7-8



Lower Teeth

	Primary Erupt (mo)	Permanent Erupt (yr)
Central incisor	6-10	6-7
Lateral incisor	10-16	7-8
Canine (cuspid)	17-23	9-10
First premolar		10-12
Second premolar		11-12
First molar	14-18	6-7
Second molar	23-31	11-13
Third molar		17-21

Helpful Tips For Children's Healthy Teeth

To help ensure oral health and a lifetime of good oral care habits:

- Limit children's sugar intake
- Make sure children get enough fluoride, either through drinking water or as a treatment at the dentist's office
- Teach children how to brush and floss correctly
- Supervise brushing sessions and help with flossing, which can be a challenge for small hands

Obstacles to Healthy Teeth

Babies



- "Baby bottle tooth decay"
 - Wipe gums with gauze or a clean washcloth and water after feeding. When teeth appear, brush daily with a pea-sized amount of fluoride toothpaste

– Put child to bed with a bottle of water, not milk or juice

- Thumb sucking
 - Not a concern until about 4 years of age or when permanent teeth appear; after this time, it could cause dental changes
- White spots on teeth
 - As soon as the first tooth appears (at about 6 months), begin cleaning child's teeth daily and schedule a dental appointment

Toddlers

- Fear of the dentist
 - Hold the child in the parent's lap during the exam
- Difficulty creating an oral care routine
 - Involve the whole family—brush together at the same time each day to create a good habit

Gradeschoolers

- Love of sweets
 - Give children healthy snack options, like carrots and other fresh vegetables, plain yogurt, and cheese
- Stains from antibiotics
 - Speak to the pediatrician before any medication is prescribed

Teenagers

- Braces
 - Make sure that teens brush well around braces, using a floss threader to remove all food particles
- Oral accidents from sports
 - Encourage children to wear mouthguards during sports

The following are key preventive measures to preserve oral health through childhood:

Fluoride treatments to strengthen tooth enamel and resist decay. This may include fluoride supplements in areas where drinking water is not optimally fluoridated.

Be sure to ask your dentist about supplements to determine if they are needed.