Taking Care of Your Baby's Teeth

**For Parents of Children
Ages Birth to 3 Years**

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Are baby teeth important?

Have you ever heard that baby teeth don't matter because they will be replaced by permanent teeth? That's not true. They are very important for:

- Eating
- Speaking
- Smiling
- Self esteem
- Overall health
- Jaw development
- Holding space

Also, the healthier the baby teeth, the better chance of having healthy adult teeth.

So what can you do to keep your baby's teeth healthy?

- Wipe your baby's teeth once a day with a clean damp washcloth.
- Limit sweets and sweet drinks (such as pop and juice). • If you give your baby a bottle at nap or bed time, fill it only with water.
- Brush the teeth as soon as they come in with a soft infant toothbrush.
- Check the teeth for early signs of decay.
- Ask your doctor or dentist if you need fluoride drops.
- Drink tap or bottled (nursery) water with fluoride.
- Visit the dentist by age 1.

Teething

What about teething? For most babies, the lower middle incisors are the first teeth. They come in around 6-10 months. Most babies have all their baby teeth by the time they are 2 years old.

When do baby teeth come in (erupt)?

Primary Teeth

		Erupt	Shed
	Central Incisor	8-12 mos.	6-7 yrs.
	Lateral Incisor	9-13 mos.	7-8 yrs.
	Canine (Cuspid)	16-22 mos.	10-12 yrs.
	First Molar	13-19 mos.	9-11 yrs.
	Second Molar	25-33 mos.	10-12 yrs.
	Second Molar	23-31 mos.	10-12 yrs.
	First Molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral Incisor	10-16 mos.	7-8 yrs.
	Central Incisor	6-10 mos.	6-7 yrs.

These are ways you can make teething easier:

- Rub the baby's gums gently with a clean cloth. • Give the baby a cold teething ring or a cool, **clean** washcloth to chew.