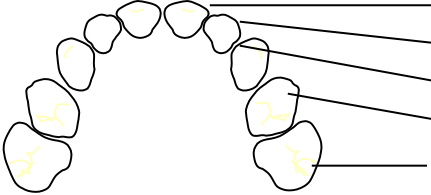
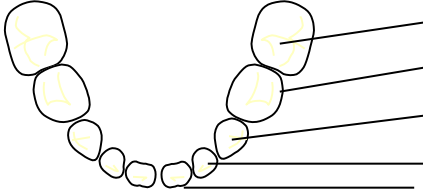


Good dental health care for your baby should begin before the first new teeth appear. This is an important step towards a lifetime of healthy teeth.

Most children begin teething at about 6 months and most baby teeth are in by 3 years of age. The bottom front teeth usually appear first, followed by the top front teeth.

When will my child get teeth?

	When Teeth Come In	When Teeth Fall Out
Top Teeth		
 central incisors	8-12 mos.	6-8 yrs.
lateral incisors	9-13 mos.	7-8 yrs.
canines (cuspids)	16-22 mos.	10-12 yrs.
first molars	13-19 mos.	9-11 yrs.
second molars	25-33 mos.	10-12 yrs.
Bottom Teeth		
 second molars	23-31 mos.	10-12 yrs.
first molars	14-18 mos.	9-11 yrs.
canines (cuspids)	17-23 mos.	9-12 yrs.
lateral incisors	10-16 mos.	7-8 yrs.
central incisors	6-10 mos.	6-8 yrs.

What is early childhood tooth decay?

Your baby's teeth can start to decay from the first day they appear in the mouth. When a child uses a bottle during rest or sleep times, decay can develop. Fruit juice, sweetened tea, pop, cow's milk, and formula all contain sugars that can cause tooth decay if left in contact with the teeth for long periods of time. The decay most often starts behind the top front teeth and then spreads to the front of these teeth.

(turn over)



Accountable



Collaborative



Common Goals



Dedicated



Evidence-Based Practice



Wellbeing

How do you prevent early childhood tooth decay?

Clean your child's mouth every day. Start soon after birth by wiping all around your baby's mouth with a soft, moist, clean cloth. This will get the child used to regular cleaning and can also ease teething discomfort.



Once teeth appear at around 6 months of age, use a small, soft-bristled toothbrush and gently clean your baby's teeth. It is important to get into the habit of doing this for your baby twice a day. Parents must continue to clean their child's teeth every day up to the age of 8 years.

Teething

Teething may cause some discomfort, making the baby irritable and fussy. Baby may not want to eat. Biting or chewing on a clean teething ring or a cold wet wash cloth can make baby feel better.

Gums can feel itchy when teething. A good way to relieve this feeling is by rubbing your baby's gums with a soft-bristled toothbrush.

Teething biscuits are **not** recommended because they can stick to your baby's teeth and cause tooth decay.

Teething gels or ointments are **not** recommended because they may numb baby's throat and cause choking. If your baby has a fever or diarrhea when teething, contact your family doctor.

Teething beads are **not** recommended as they may present a choking hazard.

For more information check the website at www.saskohc.ca