

Healthy Smiles for Mom and Me!

Baby's 1st Tooth!



It's an exciting milestone when baby's first tooth appears! This usually happens when she is between 6 and 10 months old, but don't worry if your baby starts earlier or later.

A very few babies are born with teeth; some start teething as early as three months; and some don't start until 18 months. Most will start at about six months, with the lower front teeth coming in first. Within two years, all of your baby's primary, or baby, teeth should have come in.

Permanent teeth start appearing at about age six. The 1st ones are back teeth that grow in next to baby teeth. Then, at about age 7 or 8, baby teeth begin falling out to be replaced by permanent teeth.

Baby teeth are very important—they help a child chew and learn to speak clearly, and also hold the space for permanent teeth. **If baby teeth aren't healthy, adult teeth won't be healthy!**

Flip this card over for tips about caring for your baby's new teeth.



Take Care of Yourself!

Taking care of your teeth will help keep your baby's teeth healthy too. Brush (at least twice) and floss (at least once) every day, and let baby see you: children learn by example!

Baby's 1st Dental Visit!

As soon as the first tooth has come in, or by age one, take baby to see the dentist for a "well child" visit. The dentist will check teeth and gums, and give you tips for keeping them healthy.



Taking Care of Baby

Start using a baby toothbrush with soft bristles to clean teeth and gums twice a day. As soon as there are two teeth touching, begin flossing between the teeth daily too. Check baby's teeth and gums for white spots; if you see any, call the dentist.

Remember:

Never put baby to bed with a bottle with anything other than water. (can cause cavities)

Never use your mouth or saliva to test baby's food or to clean the spoon or pacifier. (spreads germs)

For help finding a dentist for you or your child, call 1-800-728-9029.

