



## Now Appearing: Pearly Whites!



At about 6 months old, baby's first teeth, called primary or deciduous teeth will erupt. Typically first teeth to emerge are the lower central incisors followed by the upper four front teeth. The rest of the teeth erupt in pairs over 2-3 years.

### Taking Care of the Baby Teeth

Baby teeth play an important role in your child's health and development. They are necessary for good nutrition, they aid in speech development, and they hold the spaces for the permanent teeth. They also create a normal appearance—tooth-less is only cute on infants! If your child has puffy gums, yellow build-up or brown spots on their teeth, **see your dentist**. Poor oral care on primary teeth can cause problems in the development of the tooth buds of the permanent teeth to come.

- Wipe baby's gums to remove plaque even before teeth come in.
- Gently brush new teeth twice a day as soon as they come in (no toothpaste is necessary). Good habits start early!
- Remove juice or milk bottles from the mouths of sleeping babies so teeth are not bathed in sugars during sleep.
- Avoid all sugary drinks—water and milk should be enough. Soda is a no-no for good oral health. If your child does drink juices or sodas, have them rinse often with water to remove excess sugar in the mouth.
- Schedule a visit with the Dentist! Get children in the habit of going for twice-yearly check-ups early. We like to see children for their first visit at 2-3 years old (sooner if there's a problem).

### Primary Teeth Development Chart

Upper Teeth	When tooth erupts	When tooth falls out
Central incisor	8 to 12 months	6 to 7 years
Lateral incisor	9 to 13 months	7 to 8 years
Canine (cuspid)	16 to 22 months	10 to 12 years
First molar	13 to 19 months	9 to 11 years
Second molar	25 to 33 months	10 to 12 years
Lower Teeth		
Second molar	23 to 31 months	10 to 12 years
First molar	14 to 18 months	9 to 11 years
Canine (cuspid)	17 to 23 months	9 to 12 years
Lateral incisor	10 to 16 months	7 to 8 years
Central incisor	6 to 10 months	6 to 7 years

### Tooth Facts

- Teeth usually erupt in girls sooner than in boys
- Lower teeth usually erupt before upper teeth
- Teeth erupt at a rate of 4 teeth every 6 months until there are 20 primary teeth, typically by age 2-3 years old.
- Teeth usually erupt in pairs - one on the right and one on the left
- Primary teeth are smaller in size and whiter in color than the permanent teeth that follow.
- As a child's jaw grows, more space opens between the primary teeth to allow room for the permanent teeth.
- Children 6-12 have a mixture of primary and permanent teeth