

Keeping Baby's Mouth Healthy

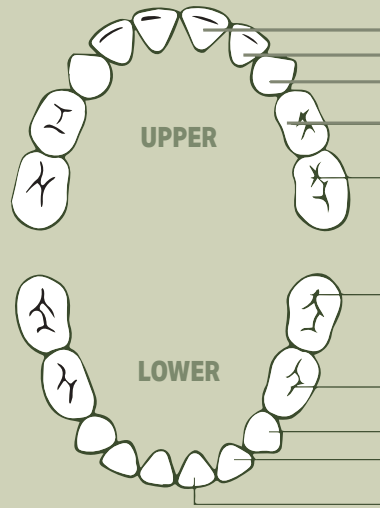
Baby teeth help your child eat, talk and smile.

They also hold space for teeth so that they grow in the right position. Developing good habits early help keep teeth healthy.



Most children will have 20 baby teeth by the age of three; 10 on the top and 10 on the bottom.

Baby teeth will start falling out around age six.



When teeth come in	When teeth "fall out"
7-12 mos.	6-8 yrs.
9-13 mos.	7-8 yrs.
16-22 mos.	10-12 yrs.
13-19 mos.	9-11 yrs.
25-33 mos.	10-12 yrs.
20-31 mos.	10-12 yrs.
12-18 mos.	9-11 yrs.
16-23 mos.	9-12 yrs.
7-16 mos.	7-8 yrs.
6-10 mos.	6-8 yrs.



Before teeth appear

- ✔ Like all parts of the body, your baby's mouth needs to be cleaned.
- ✔ Clean your baby's gums after each feeding, especially before bedtime using a soft, clean, damp washcloth.



When teeth appear

- ✔ Brush with a small, soft toothbrush twice a day, especially before bedtime.
- ✔ Use a small circular motion with a rice-sized amount of fluoridated toothpaste.
- ✔ Brush the inside, outside and chewing surfaces of the teeth.
- ✔ Check your baby's teeth and gums regularly. Don't forget to lift the lip! If you see holes or white/brown spots on teeth and/or bumps near the gumline, visit a dental provider or call the Simcoe Muskoka District Health Unit at 705-721-7520 or toll-free 1-877-721-7520 ext. 8804.



Don't share germs

Cavities are contagious!

- ✘ Do not share items such as spoons and cups or clean your baby's pacifier with your mouth. This can transfer cavity causing germs to your baby.

First dental visit

Visit a dental provider by age one or within six months of seeing your child's first tooth. Regular dental visits support good dental health and overall health.



Healthy snacking

- Choose snacks that are nutritious, low in sugar and that don't stick to teeth.
- Healthy foods include vegetables, fruit, protein and whole grains. Refer to the Canada's Food Guide for healthy eating tips.



Protect baby teeth

- By age one, use an open cup instead of a bottle or sippy cup. Do not put your child to bed with a bottle.
- Apart from milk, choose water for children six months and older. Liquids (other than water) that sit in the mouth for a long period of time or are sipped can often lead to cavities.



Teething

- Teething is natural. Teeth start to work through the gums around six to ten months of age. This is a guide as each child is different.
- Teething may cause some pain to your baby. Signs of teething include: drooling, crankiness, sore gums, chewing on things.
- When your child is teething, keep them comfortable by offering a clean, damp, cool washcloth to chew on or a cooled teething ring.
- Massage your baby's gums with a clean finger.



Services available at the health unit Meet our dental team!

We offer **FREE** dental screenings to all children and youth aged 17 years and under. Screenings can identify dental issues and help families access government funded programs.

For more information, or to book a dental screening appointment, call 705-721-7520 or toll-free 1-877-721-7520 ext. 8804

www.smdhu.org/dental

