

Why baby teeth matter

- 🦷 Baby teeth are the blueprint for your child's permanent teeth.
- 🦷 Baby teeth hold space for permanent teeth that are growing under the gums.
- 🦷 When a baby tooth is lost before the permanent tooth is ready to come in, the teeth beside it may move and shift to fill in the gap. This can cause problems. The permanent teeth may come in crooked, misaligned, and crowded.
- 🦷 Baby teeth help a child develop speech by controlling the flow of air out of the mouth.
- 🦷 Baby teeth help a child chew food naturally.
- 🦷 Healthy baby teeth will help your child smile brightly and feel good about themselves. It will boost their confidence when playing and interacting with others.

Did you know that the bacteria that causes cavities is contagious and can be passed from parents and other family members to a child?

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Find a pediatric dentist near you by searching on the American Academy of Pediatric Dentistry (AAPD) website at aapd.org.



Find a general dentist for your entire family on the American Dental Association Website at ada.org



Find a dentist who takes NH Medicaid by searching on insurekidsnow.org



To learn more about taking care of your child's teeth, visit the National Maternal and Child Oral Health Resource Center at mchoralhealth.org.

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Caring for your child's teeth

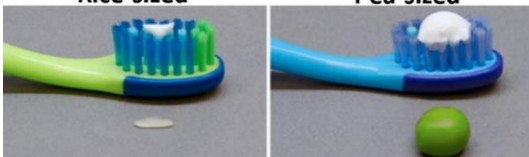
Protect your children's teeth

As a parent you want to protect your children from life's harms. You can prevent and manage tooth decay by making sure your children have regular dental visits and by taking good care of their teeth. One of the main ways to keep your children's teeth healthy and set them on the path to good oral health is by brushing their teeth for 2 minutes, twice a day. It may help to sing a song that is at least 2 minutes long while brushing. There are smartphone apps with timers and songs available for both android and IOS.

- 🦷 Use a child-sized toothbrush with soft bristles and the right amount of fluoride toothpaste.
- 🦷 Young children like to do things for themselves. It's good to let them brush their teeth while you watch.
- 🦷 Gently brush using small circles. Brush all surfaces of the teeth, including the insides and outsides.
- 🦷 Have your child spit out any toothpaste that is left after brushing but do not rinse.
- 🦷 Children under age 8 do not brush their teeth very well. You should brush their teeth too.

First tooth to 3-years
Rice-sized

3 to 6 years
Pea-sized



Use the correct amount of fluoride toothpaste

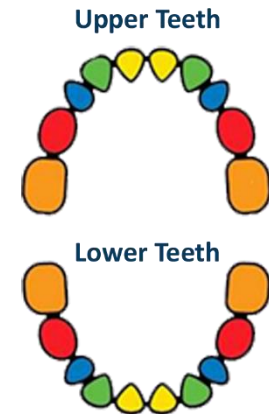
Tooth decay is one of the top chronic diseases among children in the United States

Cavity-producing bacteria cause cavities. These bacteria can be passed from parent and caregiver to the child or passed on by older siblings. Staying cavity free requires both professional and personal care at home.



Children under age 8 do not brush their teeth very well. You should brush their teeth too particularly before bedtime.

Children's primary "baby" teeth will start coming in (erupt) at around 4 to 6 months of age and all 20 primary teeth are typically in place by age 3. Children typically begin "shedding" or "losing" their primary "baby" teeth at the age of 6 years.



| Upper Teeth | Come in | Fall out |
|-----------------|------------|------------|
| 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. |

| Lower Teeth | Come in | Fall out |
|-----------------|------------|------------|
| Central Incisor | 6-10 mos. | 6-7 yrs. |
| Lateral incisor | 10-16 mos. | 7-8 yrs. |
| Canine (cuspid) | 17-23 mos. | 9-12 yrs. |
| First molar | 14-18 mos. | 9-11 yrs. |
| Second molar | 23-31 mos. | 10-12 yrs. |

According to the National Institute of Dental and Craniofacial Research 42% of children ages 2 to 11 have had cavities in their primary teeth.