



Healthy smiles at every stage

Healthy baby teeth lead to healthy adult teeth. Put your child on the path to a lifelong, healthy smile with these tips:

BIRTH
TO 6
MONTHS

Toothless grins

- > Gently clean their gums with a soft, damp washcloth after feedings to remove harmful bacteria
- > Cavities are contagious so be sure not to put things in your mouth before putting in your baby's mouth

6 TO 12
MONTHS

First tooth

- > Brush baby's new teeth twice a day with a soft-bristled, infant toothbrush
- > Schedule your baby's first dental visit before their first birthday to make sure everything is developing properly

12 TO 24
MONTHS

Tiny teeth

- > Brush your toddler's teeth twice a day with a soft-bristled toothbrush and a rice-sized amount of fluoridated toothpaste
- > If your toddler likes a bottle or sippy cup at bedtimes, give them water instead of milk or juice



Talk to your dentist to learn more and ensure your child's smile stays healthy at every stage

2 TO 5
YEARS

Pint-sized smiles

- > Talk to your dentist about your child's thumb sucking and pacifier use so they can help you figure out ways to break the habit
- > Provide smile-healthy snacks such as cheese, fruits and vegetables instead of juice, cookies and fruit snacks

5 TO 8
YEARS

Uneven grins

- > If the sides of your child's new adult teeth begin to touch, start flossing them every day
- > Your child is ready to brush solo when they can tie their own shoes



Keep track of growing smiles

Use the chart below as a guide to your child's growing smile. Talk to your dentist if you have any questions or concerns about your child's teeth.

| | | Baby Teeth | |
|-----------------|--|--------------|---------------|
| Upper Teeth | | Come In | Fall Out |
| Central Incisor | | 8 – 12 mos. | 6 – 7 years |
| Lateral Incisor | | 9 – 13 mos. | 7 – 8 years |
| Canine (cuspid) | | 16 – 22 mos. | 10 – 12 years |
| First Molar | | 13 – 19 mos. | 9 – 11 years |
| Second Molar | | 22 – 33 mos. | 10 – 12 years |

| | | Baby Teeth | |
|-----------------|--|--------------|---------------|
| Lower Teeth | | Come In | Fall Out |
| Second Molar | | 23 – 31 mos. | 10 – 12 years |
| First Molar | | 14 – 18 mos. | 9 – 11 years |
| Canine (cuspid) | | 17 – 23 mos. | 9 – 12 years |
| Lateral Incisor | | 10 – 16 mos. | 7 – 8 years |
| Central Incisor | | 6 – 10 mos. | 6 – 7 years |