Healthy Eyes, Ears, and Teeth!
Ages 0 - 4

HEALTHY TEETH

Why should I keep my baby's teeth healthy?

- Even though children lose them, it is important to keep baby teeth strong and healthy
- Unhealthy teeth can make it harder for children to learn to talk
- Cavities are painful and can make children lose their appetite

How can I help my baby's teeth stay healthy?

	Baby's teeth	Parent tips
6 – 12 Months	• Bottom front teeth come in around 4 - 7 months old • Upper middle teeth come in around 8 - 12 months old	• Use a baby toothbrush and small drop of baby toothpaste to brush twice a day
13 – 18 Months	• Molars (large teeth in the back of the mouth) come in • Teeth next to the bottom front teeth will come in	• Brush your child's teeth every morning and every night before bed • Limit food and drinks with a lot of sugar
2-4 Years	• By age 2, baby teeth have usually all come in • By age 4, the child can try brushing their teeth	• Teach your child to brush their teeth by involving them in the process • Watch for signs of dental pain

If your baby seems several months behind, talk to your doctor about finding a dentist

How can I keep my baby healthy during teething?

- **"Teething"** is when teeth begin to break through a baby's gums, usually around 4 months old
- Teething hurts and can cause babies to be fussier than usual
- Use a clean finger to rub your baby's gums
- Give your baby safe objects to chew on, like teething rings
- Talk to your doctor before using pain medication

Where can I get help for my baby's teeth?

- **Dentist:** As soon as your child's first tooth appears, schedule a dentist appointment
- **Community:** Talk to other parents who take their kids to the dentist
- **Doctor:** Find a medical home for your child. Make an appointment or call for advice
- **Visit:** For more, go to HRL.NYC

Signs of teething

3-5 days before a tooth breaks through, your baby may:

- Bite their fingers or toys
- Not want to eat and drink
- Drool
- Have sensitive or swollen gums
- Have problems sleeping
- Have a low fever