

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

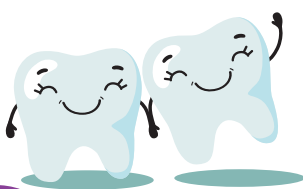


HEALTHY TEETH



Why should my baby's teeth stay healthy?

- Even though they will eventually lose baby teeth, it is important to keep them strong and healthy
- Unhealthy teeth can delay speech development
- Cavities are painful and can caused decreased appetite



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



This timeline shows how baby teeth develop and what parents can do to keep them healthy.

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

	Baby's teeth	Parent tips
6 –12 Months	<ul style="list-style-type: none">• Bottom front teeth come in around 4-7 months old• Upper middle teeth come in around 8-12 months old	<ul style="list-style-type: none">• Use a baby toothbrush and small drop of baby toothpaste to brush twice a day• Talk to your doctor about flouride supplements
13 –18 Months	<ul style="list-style-type: none">• Molars (large teeth in the back of the mouth) come in• Teeth next to bottom front teeth will come in	<ul style="list-style-type: none">• Brush your child's teeth every morning and every night before bed• Provide foods and drinks with limited sugar
2-4 Years	<ul style="list-style-type: none">• By age two, baby teeth have usually all come in• By age four, child can try brushing their own teeth	<ul style="list-style-type: none">• Teach your child to brush their teeth by involving them in the process• Watch for signs of dental pain

How can I keep my baby healthy during teething?

- "Teething" is when your baby's teeth begin to break through the gums, usually around 4 months old
- Teething is painful 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

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

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

