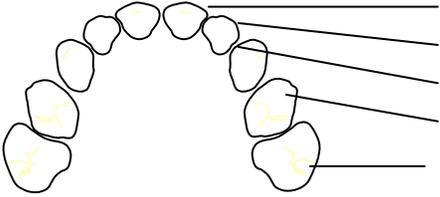
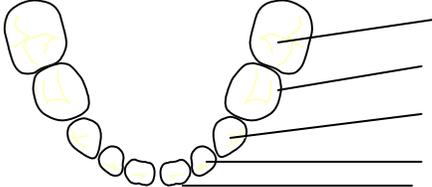


# Infant Dental Care

Good dental health care for your baby should begin before the first new teeth appear. This is an important step towards a lifetime of healthy teeth.

Most children begin teething at about 6 months and most baby teeth are in by 3 years of age. The bottom front teeth usually appear first, followed by the top front teeth.

## When will my child get teeth?

	When Teeth Come In	When Teeth Fall Out
<b>Top Teeth</b>		
	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.
<b>Bottom Teeth</b>		
	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.

## What is early childhood tooth decay?

Your baby's teeth can start to decay from the first day they appear in the mouth. When a child uses a bottle during rest or sleep times, decay can develop. Fruit juice, sweetened tea, pop, cow's milk, and formula **all** contain sugars that can cause tooth decay if left in contact with the teeth for long periods of time. The decay most often starts behind the top front teeth and then spreads to the front of these teeth.

*(turn over)*



Saskatchewan  
Health Authority

## How do you prevent early childhood tooth decay?

Clean your child's mouth every day. Start soon after birth by wiping all around your baby's mouth with a soft, moist, clean cloth. This will get the child used to regular cleaning, and can also ease teething discomfort.



Once teeth appear, at around 6 months of age, use a small, soft-bristled toothbrush and gently clean your baby's teeth. It is important to get into the habit of doing this for your baby twice a day. Parents must continue to clean their child's teeth every day up to the age of 8 years.

## Teething

Teething may cause some discomfort, making the baby irritable, fussy and not wanting to eat. Biting or chewing on a clean teething ring or a cold wet wash cloth can make baby feel better.

Gums can feel itchy when teething. A good way to relieve this feeling is by rubbing your baby's gums with a soft-bristled toothbrush.

Teething biscuits are **not** recommended because they can stick to your baby's teeth and cause tooth decay.

Teething gels or ointments are **not** recommended because they may numb baby's throat and cause choking. If your baby has a fever or diarrhea when teething, contact your family doctor.

---

*For more information, call the Oral Health Program at **306-655-4462**,  
or contact us at [oralhealthprogram@saskhealthauthority.ca](mailto:oralhealthprogram@saskhealthauthority.ca)*

---