

CFK Newsletter #1

Your Child's Adult (Permanent) Teeth

Your preschooler's baby teeth came in after lots of drooling and maybe some fussing. Since about age 3, all 20 baby teeth have been in place, doing their important job of holding space for the 32 adult teeth that are growing under the gums.

At about age 6 the baby teeth begin to fall out and the adult teeth start to come in. The last baby teeth will be lost when your child is about 12 years old.

Watch for these changes in your child's mouth:

- ❖ **Loose or "wiggly" teeth.** Usually the 2 lower front baby teeth are the first to come out.
- ❖ **New teeth coming in behind the last baby molars** (the large teeth way in the back). The permanent molars will come in here, about the same time that the lower front teeth get loose.

Care for your child's adult teeth the same as the baby teeth:

- ❖ Brush twice daily, after breakfast and before bed, with a small amount of fluoride toothpaste.
- ❖ Serve tooth-healthy meals and snacks.
- ❖ Drink fluoridated water.
- ❖ Take your child to the dentist for check-ups and care.
- ❖ Ask your dentist or dental hygienist about placing sealants - the plastic coatings placed on the teeth to prevent cavities. To keep them cavity-free, kids should have sealants placed on their permanent molars soon after the teeth come in.

