

Children's Oral Health



Basic habits are key to better oral and overall health.
Here are some tips to help keep your child's teeth healthy!



Encourage tooth brushing for two minutes twice a day and flossing once daily. Provide assistance if needed until children can do it themselves.



Regular visits to the dentist can catch problems before they become costly and painful—and most preventive care is covered by many basic dental insurance plans.



If recommended by your dentist, utilize preventive oral care for children, including fluoride treatment and the use of dental sealants. These create protective barriers on kid's teeth from tooth decay.



Nutritious meals are not only good for children's growing bodies but also for the health of their teeth.



Rethink your drinks by limiting sugary beverages and if you have access to fluoridated tap water, that is always the best choice for healthy teeth.

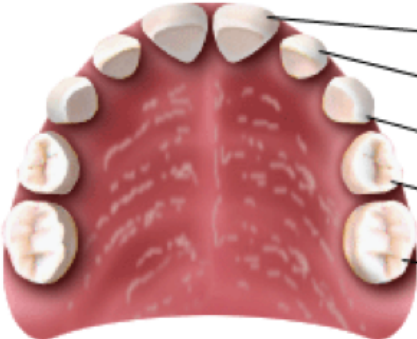



Encourage your child to wear a mouth guard when participating in contact sports or activities.



Remember children tend to follow by example so be sure you are reinforcing positive behaviors by modeling them yourself!

When can you expect your child's teeth to come in?

Baby Teeth		Age Tooth Comes In (months)	Age Tooth Is Lost (years)
Upper Teeth			
	Central Incisor	9.6	7.0
	Lateral Incisor	12.4	8.0
	Canine (Cuspid)	18.3	11.0
	First Molar	15.7	10.0
	Second Molar	26.2	10.5
Lower Teeth			
	Second Molar	26.0	11.0
	First Molar	15.1	10.0
	Canine (Cuspid)	18.2	9.5
	Lateral Incisor	11.5	7.0
	Central Incisor	7.8	6.0

Learn more at DeltaDentalNE.org