



TEETH GUIDE - AGES 4 TO 8 YEARS OLD

Tooth Eruption

AT AGES 4-5, YOUR CHILD SHOULD HAVE ALL 20 BABY TEETH IN HIS/HER MOUTH. HOWEVER, YOUR CHILD IS PREPARING TO GET THEIR ADULT, OR PERMANENT, TEETH SOON! BY THE AGE OF 6-7 YEARS OLD YOU SHOULD ANTICIPATE SEEING YOUR CHILD'S FIRST ADULT TEETH; THE FIRST MOLARS AND LOOK OUT FOR SOME WOBBLY TEETH! YOUR CHILD'S LOWER AND UPPER FRONT TEETH SHOULD BE READY TO COME OUT AND BE REPLACED WITH ADULT TEETH. FOR A GENERAL GUIDE ON TEETH ERUPTION, VISIT LUCENTDENTAL.ORG



Teeth Care

YOUR CHILD SHOULD STILL CONTINUE TO BRUSH TWICE A DAY AND FLOSS ONCE A DAY. A PEA-SIZE AMOUNT OF TOOTHPASTE SHOULD BE USED AND ALL TEETH SHOULD BE BRUSHED FOR TWO MINUTES. AND DON'T FORGET TO BRUSH THE TONGUE! LOOK OUT FOR THE TOOTH FAIRY! AS YOUR ADULT TEETH BEGIN TO COME OUT YOUR BABY TEETH NEED ANOTHER PLACE TO STAY BUT THE TOOTH FAIRY WILL TAKE CARE OF THAT! SHE WILL TRY NOT TO WAKE YOU UP BUT SHE WOULD REALLY APPRECIATE YOUR TOOTH CLEAN AND READY FOR HER UNDER YOUR PILLOW.

Healthy Habits

CONTROLLING THE SUGAR BUGS ARE KEY TO HAVING STRONG AND HEALTHY TEETH! FOODS SUCH AS APPLES, YOGURT AND VEGETABLES ARE GREAT FOODS TO EAT NOT JUST FOR OUR TEETH BUT FOR OUR BODY, TOO. DRINKS SUCH AS SUGARY JUICES AND SODAS SHOULD BE LIMITED AND CAN BE SUBSTITUTED FOR MILK AND WATER. YOUR CHILD SHOULD BE VISITING THE DENTIST FOR REGULAR CHECK-UPS EVERY 6 MONTHS SO DON'T FORGET TO SCHEDULE YOUR APPOINTMENT WITH YOUR DENTIST!

