

TOOTH ERUPTION CHART

DENTAL EMERGENCIES

PRIMARY DENTITION

Upper Teeth	Erupt	Exfoliate
Central incisor	8-12 months	6-7 years
Lateral incisor	9-13 months	7-8 years
Canine (cuspid)	16-22 months	10-12 years
First molar	13-19 months	9-11 years
Second molar	25-33 months	10-12 years

Lower Teeth	Erupt	Exfoliate
Second molar	23-31 months	10-12 years
First molar	14-18 months	9-11 years
Canine (cuspid)	17-23 months	9-12 years
Lateral incisor	10-16 months	7-8 years
Central incisor	6-10 months	6-7 years

PERMANENT DENTITION

Upper Teeth	Erupt
Central incisor	7-8 years
Lateral incisor	8-9 years
Canine (cuspid)	11-12 years
First premolar (first bicuspid)	10-11 years
Second premolar (second bicuspid)	10-12 years
First molar	6-7 years
Second molar	12-13 years
Third molar (wisdom tooth)	17-21 years

Lower Teeth	Erupt
Third molar (wisdom tooth)	17-21 years
Second molar	12-13 years
First molar	6-7 years
Second premolar (second bicuspid)	10-12 years
First premolar (first bicuspid)	10-11 years
Canine (cuspid)	11-12 years
Lateral incisor	8-9 years
Central incisor	7-8 years

OTHER PRIMARY TOOTH ERUPTION FACTS:

- ◆ A general rule of thumb is that for every 6 months of life, approximately 4 teeth will erupt.
- ◆ Girls generally precede boys in tooth eruption
- ◆ Lower teeth usually erupt before upper teeth
- ◆ Teeth in both jaws usually erupt in pairs - one on the right and one on the left
- ◆ Primary teeth are smaller in size and whiter in color than the permanent teeth that will follow
- ◆ By the time a child is 2 to 3 years of age, all primary teeth should have erupted
- ◆ Shortly after age 4, the jaw and facial bones of the child begin to grow, creating spaces between the primary teeth. This is a perfectly natural growth process that provides the necessary space for the larger permanent teeth to emerge. Between the ages of 6 and 12, a mixture of both primary teeth and permanent teeth reside in the mouth.

Knocked Out Tooth

Hold the tooth by the crown and rinse off the root of the tooth in water if it's dirty. Do not scrub it or remove any attached tissue fragments. If possible, gently insert and hold the tooth in its socket. If that isn't possible, put the tooth in a cup of milk and get to the dentist as quickly as possible. Remember to take the tooth with you!

Objects Caught Between Teeth

Try to gently remove the object with dental floss; avoid cutting the gums. Never use a sharp instrument to remove any object that is stuck between your teeth. If you can't dislodge the object using dental floss, contact your dentist.

Toothache

Rinse your mouth with warm water to clean it out. Gently use dental floss or an interdental cleaner to ensure that there is no food or other debris caught between the teeth. Never put aspirin or any other painkiller against the gums near the aching tooth because it may burn the gum tissue. If the pain persists, contact your dentist.

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DENTAL HEALTH



FOR YOUR CHILD



HEALTHY BABY TEETH ARE IMPORTANT FOR:

- ◆ Proper chewing and good nutrition
- ◆ Speech development
- ◆ Overall self-esteem
- ◆ Maintaining proper space for adult teeth to erupt

ORAL HEALTH

HOW TO CARE FOR YOUR CHILD'S TEETH

How Can I Best Care for my Child's Teeth?

Good dental hygiene habits should begin before your child's first tooth comes in. Wiping your baby's gums with a soft damp cloth after feedings helps to prevent the buildup of bacteria. When teeth appear, start using a soft children's toothbrush twice a day. Once your child is preschool-age, start using fluoride toothpaste. Don't cover the brush with toothpaste; a pea-sized amount is just right. Young children tend to swallow most of the toothpaste, and swallowing too much fluoride toothpaste can cause permanent stains on their teeth.

What about using fluoride tablets?

Fluoride helps make teeth strong by hardening the tooth enamel. Many cities are required to add fluoride to tap water. If you live in an area where the tap water doesn't contain fluoride, your doctor may prescribe daily fluoride tablets when your child is about 6 months old. Fluoride is an important part of your child's dental health, but don't give him or her more than the directions call for. If you miss a dose, don't give your child extra fluoride to make up. Just as with swallowed toothpaste, too much oral fluoride can cause stains on your child's teeth.



What are cavities?

Cavities are holes that are formed when bacteria (germs) in your mouth use the sugar in food to make acid. This acid eats away at the teeth. Cavities are common in children. Good tooth care can keep cavities from happening in your child.

ORAL HEALTH

HOW TO CARE FOR YOUR CHILD'S TEETH

Is my child at risk for cavities?

Your child might be at risk for cavities if he or she eats a lot of sugary foods (such as raisins, cookies and candy) and drinks a lot of sweet liquids (such as fruit juice and punch, soda and sweetened drinks). Your child also might be at risk if he or she has any of the following risk factors:

- ◆ Was born early (prematurely) or weighed very little at birth (low birth weight)
- ◆ Has ongoing special health care needs
- ◆ Has white spots or brown areas on any teeth
- ◆ Does not go to the dentist very often

How can I help stop cavities?

Everyone in your family should take good care of their teeth. Family members with lots of cavities can pass the cavity-causing bacteria to babies and children. Teeth should be brushed at least twice a day and flossed once a day. Everyone should see the dentist twice a year. Have dental sealants placed on permanent molar and premolar teeth.

Does diet affect my child's teeth?

Yes. To avoid cavities, limit sweet snacks and drinks between meals. Have meals and snacks at regular times. Teeth friendly snacks include fresh fruits and vegetables, and cheese and crackers.

Baby bottles can create additional problems with your child's dental health. When liquid from a bottle, like milk and juice, stays in contact with the teeth



ORAL HEALTH

HOW TO CARE FOR YOUR CHILD'S TEETH

for a long time, the sugars cause tooth decay. This can create a condition called Early Childhood Caries or Baby Bottle Decay. Your baby's teeth can develop cavities and become pitted or discolored. Never put a baby to bed with a bottle. Don't let your child walk around during the day with a bottle, and teach your child to use a drinking cup around his or her first birthday.

Is thumb-sucking bad for my child?

It's normal for children to suck their thumbs, their fingers or a pacifier. Most children give up this habit on their own by age 4, with no harm done to their teeth. If your child still has a sucking habit after age 4, tell your dentist. Your dentist can watch carefully for any problems as the teeth develop. In most children there is no reason to worry about a sucking habit until around age 6, when the permanent front teeth come in.

When should I start taking my child to the dentist?

The American Dental Association recommends that parents take their child to a dentist no later than his or her first birthday. This gives the dentist a chance to look for early problems with your child's teeth.

Pediatric dentists specialize in treating children's dental health. You and your child's dentist should review important information about diet, bottles, tooth brushing and fluoride use. Visiting the dentist from a young age will help your child become comfortable with his or her dentist. It also establishes the good habit of regular dental check-ups.

