

Children's Healthy Smiles Begin at Home

Parents and primary care givers need to know the basics of good oral health



Visit the Dentist

- First visit should be around your child's first birthday.
- Dentist will evaluate child for early signs of disease.
- Parents can learn important preventive measures.

Clean Teeth

- Bacteria in dental plaque make acids out of sugars in foods we eat.
- These acids cause tooth decay.
- One thorough cleaning a day may be enough to remove dental plaque.
- Children need a good example to watch.
- Involve your child in selecting his or her own brush and floss.
- Daily discipline is the key to success.

Diet

- Excessive sugar intake is the problem.
- Frequency of sugar contact is the primary concern.
- Avoid "sticky" foods that stay in contact with teeth longer.
- Limit snacks to one or two a day.
- Encourage drinking water instead of soda pop.



For more oral health information, please visit our Web site at www.decare.com

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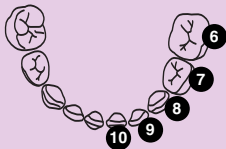
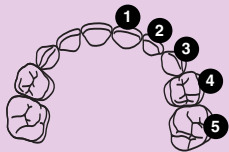
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DentalSM

Fluoride and Sealants

- Drinking fluoridated water and using fluoride toothpaste are two important ways to prevent tooth decay.
- Too much or too little fluoride can be a problem.
- Some children who are at greater risk for tooth decay may need additional fluoride. Ask your dentist.
- Sealants are a plastic coating for the top of back teeth to help prevent decay.
- Some children benefit from sealants; others don't need them. Ask your dentist.

Tooth Chart

Primary Teeth



Upper Teeth	Erupt	Shed
1 Central incisor	8–12 mos.	6–7 yrs.
2 Lateral incisor	9–13 mos.	7–8 yrs.
3 Canine (cuspid)	16–22 mos.	10–12 yrs.
4 First molar	13–19 mos.	9–11 yrs.
5 Second molar	25–33 mos.	10–12 yrs.

Lower Teeth	Erupt	Shed
6 Second molar	23–31 mos.	10–12 yrs.
7 First molar	14–18 mos.	9–11 yrs.
8 Canine (cuspid)	17–23 mos.	9–12 yrs.
9 Lateral incisor	10–16 mos.	7–8 yrs.
10 Central incisor	6–10 mos.	6–7 yrs.

DeCare Dental wishes you a safe, healthy and happy Halloween!

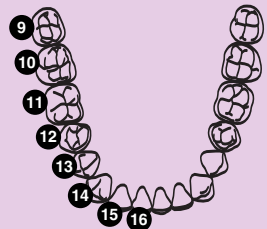
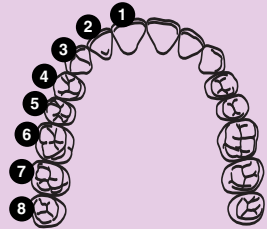
Emergencies

- If a tooth is knocked out, gently rinse (don't touch the root and don't scrub) and try to replace it. Get to the dentist as soon as possible (within 15 minutes is ideal). If you can't replace the tooth, transport it to the dentist in milk or water.

Tooth Position

- Recommended evaluation about age 9 or 10 years old.
- If there are no spaces between baby teeth—there may not be enough room for permanent teeth. Talk with your dentist.

Permanent Teeth



Upper Teeth	Erupt
1 Central incisor	7–8 yrs.
2 Lateral incisor	8–9 yrs.
3 Canine (cuspid)	11–12 yrs.
4 First premolar (first bicuspid)	10–11 yrs.
5 Second premolar (second bicuspid)	10–12 yrs.
6 First molar	6–7 yrs.
7 Second molar	12–13 yrs.
8 Third molar (wisdom tooth)	17–21 yrs.

Lower Teeth	Erupt
9 Third molar (wisdom tooth)	17–21 yrs.
10 Second molar	11–13 yrs.
11 First molar	6–7 yrs.
12 Second premolar (second bicuspid)	11–12 yrs.
13 First premolar (first bicuspid)	10–12 yrs.
14 Canine (cuspid)	9–10 yrs.
15 Lateral incisor	7–8 yrs.
16 Central incisor	6–7 yrs.