

# Timetable for teeth

A child's first tooth may erupt anytime from birth to 1 year. The first tooth usually erupts around 6 months. The lower front teeth are usually the first to appear. Molars come in last. Second-year molars begin to appear around 2 years of age.

Teething can be a painful experience for your child. It may take a week or two before teeth actually cut through gums. Signs of teething include chewing on objects, chewing on hands, and drooling.

## Common teething problems

Your child could have any of these symptoms while teething:

- Swollen gums before and during eruption of teeth.
- Loss of appetite.
- Increased drooling.
- Increased biting and chewing.
- Increased fussiness.

### To help reduce the discomfort of teething for your child, try these tips:

- Wet a clean washcloth and put it in the freezer. When it has frozen, take it out and let your child chew on it. Cold helps decrease pain.
- Give your child a hard plastic teething ring to chew on.
- Ask your doctor about giving acetaminophen or ibuprofen if your child has pain.
- Do NOT use Orajel® or other ointments and medications applied to the gums unless instructed by your doctor.

## After teeth appear

### Tooth tips for babies and children up to age 2:

- Keep your child's teeth clean with a soft toothbrush or a clean cloth and warm water. Gently wipe out your child's mouth after feedings.
- Never put your child to bed with a bottle. Drinking while lying down can cause liquid to collect around the teeth and cause cavities.
- Never clean a pacifier with saliva from an adult. Germs from adults can cause cavities in babies and children.
- By 1 year of age, your child should be drinking most liquids from a cup, or a "sippy" cup. Cups are better for your child's teeth because liquid does not collect in the mouth and is less likely to cause cavities.
- Your child may be offered dental varnish during a screening to help prevent cavities or disease. The varnish is a harmless, quick, and easy treatment to prevent tooth decay.
- Your child should have his first visit with a dentist at eruption of first tooth or no later than 12 months. At his Child and Teen Checkup visit, talk to his doctor about scheduling a dental visit.

**Taking good care of your children's teeth will benefit them for their lifetime.** UCare's Dental Connection helps you manage your dental care with one simple phone call. Call the Dental Connection at 651-768-1415 or 1-855-648-1415 from 7 am to 7 pm, Monday through Friday. If you are hearing impaired, please call TTY: 1-800-916-9514.