ORAL HEALTH

1. Babies are born with all their teeth.
2. Their teeth are invisible because they are hidden in the gums.
3. Baby teeth start to break through the gums around 6 months.
4. Kids have all their teeth by age three – these are called primary teeth.
5. Baby teeth start falling out around age six; that’s when the permanent, or adult teeth appear.
6. Most permanent teeth appear by age 13.

TIPS FOR BETTER ORAL HEALTH

Start practising good oral care even before the first tooth appears. Parents should schedule their child’s first dental appointment before the first birthday and every 6 months starting at age 3. Children should brush twice a day with a fluoride toothpaste and begin flossing as soon as two teeth touch. Children should limit sugary and sticky foods and drinks to protect against tooth decay.