

When should children get their teeth?

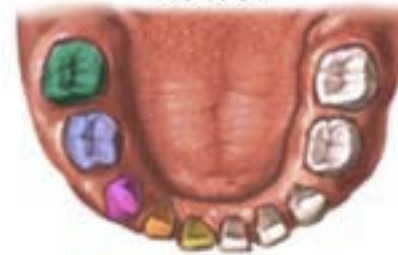
Primary (Baby) Teeth

Upper



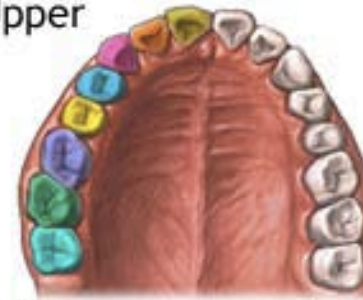
- Central incisor: 6 to 7 ½ mo
- Lateral incisor : 7 to 9 mo
- Cuspid (canine) : 16 to 19 mo
- First molar: 12 to 14 mo
- Second molar : 20 to 24 mo

Lower



Permanent (Adult) Teeth

Upper



- Central incisor: 6 to 8 yo
- Lateral incisor : 7 to 9 yo
- Cuspid (canine) : 9 to 11 yo
- First premolar : 10 to 12 yo
- Second premolar : 10 to 12 yo
- First molar : 6 to 7 yo
- Second molar : 11 to 13 yo
- Third molar : 17 to 25 yo

Lower



How to make sure your child has healthy teeth

- 📅 Schedule first visit no later than 12 months of age
- 🥛 Milk & juice at meals and water rest of time
- 🪥 Start brushing when first tooth erupts
- 🪥 Brush at least 2 times a day with help from adult
- 🍎 Healthy snacks: fruit, veggies, crackers, cheese (NO fruit gummies)
- 🏆 Wear a mouth guard when playing sports



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