A child's first set of teeth are called primary or baby teeth. Babies usually start cutting teeth when they are around six months old. All 20 primary teeth are usually in by age three. The permanent teeth start to come in by age six, with most of these in place by the age 13.

Primary Teeth:

- **Upper Teeth**
  - Central Incisor
  - Lateral Incisor
  - Canine (Ouspid)
  - First Molar
  - Second Molar

- **Lower Teeth**
  - Second Molar
  - First Molar
  - Canine (Ouspid)
  - Lateral Incisor
  - Central Incisor

<table>
<thead>
<tr>
<th>Tooth Type</th>
<th>Erupt</th>
<th>Shed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper Incisors</td>
<td>6-12 mos.</td>
<td>6-7 yrs.</td>
</tr>
<tr>
<td>Lower Incisors</td>
<td>23-31 mos.</td>
<td>10-12 yrs.</td>
</tr>
<tr>
<td>Upper Canines</td>
<td>9-13 mos.</td>
<td>7-8 yrs.</td>
</tr>
<tr>
<td>Lower Canines</td>
<td>16-22 mos.</td>
<td>10-12 yrs.</td>
</tr>
<tr>
<td>Upper Molars</td>
<td>13-19 mos.</td>
<td>10-12 yrs.</td>
</tr>
<tr>
<td>Lower Molars</td>
<td>25-33 mos.</td>
<td>10-12 yrs.</td>
</tr>
</tbody>
</table>

Tips you should follow...

- Breastfeeding is best for babies.
- Use a soft-bristled toothbrush or damp, clean cloth to clean your baby's first teeth.
- Plain water is the best drink between meals and before sleep.
- Visit the dentist.
As soon as you see teeth in your baby’s mouth, you can use a soft-bristled baby toothbrush or a damp, clean cloth to clean them. As your child gets older, you should clean their teeth with them, watching what they do and helping when they need it. Children need your help with toothbrushing until age seven or older. Teeth should be brushed at least twice a day. Brushing before bed is the most important time.

Before the age of three, use only a smear of fluoride toothpaste. After the age of three, a pea-sized amount of fluoride toothpaste should be used. Try to have your child spit the toothpaste out and wipe off any excess. Toothpastes flavoured for children are fine, just make sure you keep the tube out of reach of children. Swallowing too much fluoride toothpaste can cause spots on the permanent teeth. Teeth should be brushed at least twice a day. After meals and at bedtime is best.

Some healthy foods such as milk and fruit juices contain natural sugar that can damage teeth if left in the mouth too long. It is unsafe to put a baby to sleep with a bottle of milk or juice and it can cause cavities in the teeth because the natural sugars are touching the teeth for a long time. Plain water is the best drink to have in between meals and before sleep.

Breastfeeding is the best for babies. Exclusive breastfeeding of your baby until 6 months of age and continuing beyond with the addition of solid foods is recommended by the Canadian Pediatric Society. However, extensive, frequent breastfeeding throughout the night after the teeth appear may increase the risk of cavities. Removing the breast from the child’s mouth when feeding is finished will help to reduce the chance of dental cavities.

Pacifiers can also interfere with successful breastfeeding if used too early or as a replacement for feeding. If pacifiers are used, never dip or coat the pacifier in a sweet solution to make it taste better. Also, a parent should not place the pacifier in their own mouth to clean or moisten it because bacteria from the parent’s mouth will end up in the child’s mouth. Your child should stop any pacifier or thumbsucking habits by the time they are 4-5 years old because the sucking can cause crooked second teeth. Ask your dentist or health care provider for help to reduce or stop using a pacifier.

Some children have cavities by age one! Your child should visit the dentist within 6 months of the eruption of the first tooth or by 12 months of age and every six months after initial visit. The first few dental visits are so the dentist can look at your child’s teeth and talk to you about taking care of them. Cleanings and other treatments usually start when your child is about age three. Regular checkups are important to prevent problems and to fix small problems before they become big ones.