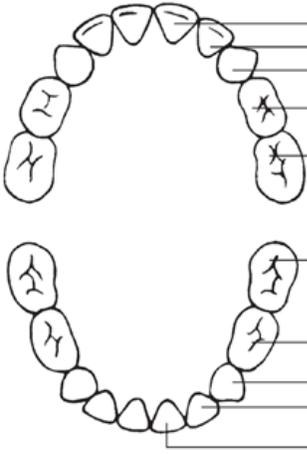


Care for Babies and Toddlers

- Babies start getting teeth around the **age of 6 months**, however this can vary. It is okay if your baby still does not have any teeth after 6 months.
- Signs of teething** for babies are **drooling, crankiness, trouble sleeping or staying asleep, waking up crying, and wanting to bite** (toys or fingers or anything they can find). When the teeth are almost through, the gums start to bulge or enlarge in the area of eruption. The lower 2 front teeth are the most common to show first.

- Below is a common **eruption chart** for primary (baby teeth):



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

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

- Babies should **NEVER** be put into their **crib with a bottle** and **visible teeth** should be **wiped before bed**. **Milk contains sugar**, which bacteria will feed on and create cavities.
- As soon as your baby has erupted teeth, they must be cared for properly. **Teeth** must be **brushed and kept clean**. At first, this can be done with a **wet wash cloth** or a **rubber brush** that goes on the tip of your finger. Your **pediatrician must be notified** as **Bermuda** does **NOT** have **fluoridated water**. The **pediatrician should supply you with fluoride drops** for the baby (this should happen usually by **6 months of age**). By **2 years of age**, you can start to use **less than a pea size of fluoridated toothpaste** on their toothbrush however, this has to be **monitored**. If your child is **not able to properly spit out** the toothpaste, you may consider using a **toothpaste** that does **not contain fluoride** and continue with supplements.
- Because **developing teeth require fluoride** to properly develop and **Bermuda's water system does not contain fluoride**, **supplements** can be given from **6 months to 16 years of age**. This offers the **systemic fluoride required**

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to properly develop teeth. The **risk of cavities versus the risk of fluorosis must be weighed** and discussed with your dentist in order to make an informed decision on whether supplements are required.

- **Fluorosis** is a **potential risk of excessive fluoride** and presents as either white striations on the teeth (minor form) or as pitting of the enamel (severe form).
- **Your oral health** is **vital to your baby's oral health.** **Gingivitis and cavities** are both **TRANSMISSIBLE** diseases. **Kissing, sharing utensils** or **sucking on a baby's pacifier** to clean it can all **pass bacteria** onto your **baby.**
- **Parents** should always **oversee brushing and flossing** by their toddlers and should **create routine brushing and flossing habits morning** and **night.** **Flossing** only needs to take place if your **child's teeth touch.**

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