



Why Baby Teeth Matter

Did you know that baby teeth — also known as primary teeth — play an important role in good oral health for life?

The American Dental Association tells us that baby teeth:

- Hold space for adult (permanent) teeth
- Help with chewing and speaking

Some people believe that because they fall out, taking care of baby teeth isn't important. But good dental habits in the early years help kids learn to take care of their teeth and gums forever.

Before teeth emerge

When babies are born, all 20 teeth are already present in their jaw. You can expect the first teeth to push through the gums at between four and six months.

Until then, you can protect your baby's teeth by:

- Keeping their gums clean
- Not putting them to bed with a bottle

When to schedule the first dental visit

When a child turns one year old, it's time to make their first dental appointment. The first dental visit helps:

- Build a relationship with the dentist
- Make sure no cavities are forming – and that the gums, jaw and tongue are healthy

Taking care of your child's baby teeth helps build good oral health habits for life. Learn more at deltadentalri.com or talk with your dentist.