

Oral Health Milestones and Key Messages

Oral Health Milestones

Key Oral Health Messages

birth

- Encourage breastfeeding
- Put baby to bed without a bottle

**6
MONTHS**

**TOOTH ERUPTION
MAY BEGIN**

- Introduce a cup
- Start cleaning as soon as teeth erupt
- Healthy foods for babies

**8
MONTHS**

**CENTRAL INCISORS
PRESENT**

- Clean teeth and gums with a soft brush

**12
MONTHS**

**1ST UPPER MOLARS BEGIN
TO ERUPT AFTER 12 MONTHS**

- Brush teeth twice a day
- Limit sugary snacks between meals
- Phase out bottles by 12 months
- Drink plenty of tap water

**18
MONTHS**

**1ST LOWER MOLARS MAY
BEGIN TO ERUPT**

- Start using low fluoride toothpaste - spit, don't rinse

**2
YEARS**

**23-33 MONTHS 2ND MOLARS
MAY BEGIN TO ERUPT**

- Every child should have had an oral health assessment by 2 years of age

**3.5
YEARS**

**CHILD SHOULD HAVE
20 BABY TEETH**

- Brush teeth twice a day
- Enjoy healthy foods and limit sugary snacks & drinks between meals
- Drink plenty of tap water

**6
YEARS**

**1ST PERMANENT MOLARS
MAY ERUPT.
BABY TEETH START TO SHED**

- Brush child's teeth with standard fluoride toothpaste

**8
YEARS**

**UPPER LATERAL AND
CENTRAL PERMANENT
INCISORS ERUPT**

- Children can brush teeth unaided by 7-8 years