

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
- Demonstrate toothbrushing

18 MONTHS

1ST LOWER MOLARS MAY BEGIN TO ERUPT

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

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