



ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

They're Not "Just Baby Teeth"

Baby teeth matter more than many people think because they affect a child's health, learning, and comfort every day.

Why it matters:

- Healthy baby teeth help children eat, speak, and hold space for adult teeth to come in properly.
- Untreated cavities are an infection that can cause pain, sickness, and trouble learning.
- Early dental care helps prevent problems, save money, and keep children comfortable.

What to do:

- Check your child's mouth often and watch for changes in eating, sleep, or behavior.
- Help your child brush twice a day with fluoride toothpaste.
- Take your child to a dentist for regular checkups and early treatment.

What to avoid:

- Do not ignore tooth pain or changes in your child's eating, sleep, or behavior.
- Do not delay dental visits when you see signs of cavities or discomfort.
- Do not assume baby teeth are unimportant or that cavities will go away on their own.

Ask a dental professional if...

- Your child has tooth pain, swelling, or signs of infection
- You notice changes in eating, sleeping, or behavior that may be linked to teeth.
- You are unsure about spots, stains, or cavities.



Quick Facts:

- Cavities are an infection in the tooth that can spread if not treated.
- Baby teeth help children eat, speak clearly, and keep space for adult teeth.
- Tooth pain can affect sleep, behavior, and learning in school.

Learn More:

Check out the Tips & Tricks on Lifting the Lip and Fluoride.