ORAL HEALTH KANSAS
ADVOCACY • PUBLIC AWARENESS • EDUCATION

TIPS AND TRICKS SERIES

They're Not "Just Baby Teeth"

Baby teeth are important for your child's health, growth, and development—even though they eventually fall out.

Why baby teeth matter:

- Help children chew, speak, and smile.
- Hold space for adult teeth to come in.
- Cavities can cause pain, infection, and problems with eating, sleeping, and learning.

Keep baby teeth healthy:

- Clean your baby's mouth even before teeth appear.
- Brush twice a day with fluoride toothpaste as soon as the first tooth appears.
- Check your child's teeth regularly for chalky white or brown spots.
- Schedule the first dental visit when the first tooth appears, or by age one.

Watch for problems:

- Cavities do not go away on their own.
- Tooth pain, swelling, or changes in eating or sleeping may be signs of dental problems.
- Contact a dental professional if you notice changes or have concerns.



Healthy Baby Teeth Matter!

Children need healthy baby teeth to eat, speak, grow, and learn. Caring for them from the start helps build healthy habits that can last a lifetime.

More Healthy Teeth from the Start Tips & Tricks:

- Lift the Lip: Check for Early Cavities
- Toothpaste Tips
- Fluoride for Healthy Teeth