



Children's Dentistry

It is very important to maintain the health of the primary teeth. Neglected cavities can and frequently do lead to problems which affect developing permanent teeth. Primary teeth or baby teeth are important for (1) proper chewing and eating, (2) providing space for the permanent teeth and guiding them into the correct position, and (3) permitting normal development of the jaw bones and muscles. Primary teeth also affect the development of speech and add to an attractive appearance. While the front 4 teeth last until 6-7 years of age, the back teeth (cuspids and molars) aren't replaced until age 10-13

Teeth Eruption

Children's teeth begin forming before birth. As early as 4 months, the first primary (or baby) teeth to erupt through the gums are the lower central incisors, followed closely by the upper central incisors. The pace and order of eruption varies, however all 20 primary teeth usually appear by age 3. Permanent teeth begin appearing around age 6, starting with the first molars and lower central incisors. This process continues until approximately age 21. Adults have 28 permanent teeth, or up to 32 including the third molars (or wisdom teeth).



Tooth Care

Good oral hygiene removes bacteria and the left over food particles that combine to create cavities. For infants, use a wet gauze or clean washcloth to wipe the plaque from teeth and gums.

Avoid putting your child to bed with a bottle filled with anything other than water. For older children, brush their teeth at least twice a day. Also, watch the number of snacks containing sugar that you give your children. The American Academy of Pediatric Dentistry recommends visits every six months to the pediatric dentist, beginning at your child's first birthday. Routine visits will start your child on a lifetime of good dental health. Your dentist may also recommend protective sealants or home fluoride treatments for your child. Sealants can be applied to your child's molars to prevent decay on hard to clean surfaces.

Teeth & Your Diet

Healthy eating habits lead to healthy teeth. Like the rest of the body, the teeth, bones and the soft tissues of the mouth need a well-balanced diet. Children should eat a variety of foods. Most snacks that children eat can lead to cavity formation. The more frequently a child snacks, the greater the chances for tooth decay. How long food remains in the mouth also plays a role. For example, hard candy and breath mints stay in the mouth a long time, which cause longer acid attacks on tooth enamel. If your child must snack, choose nutritious foods such as vegetables, low-fat yogurt, and low-fat cheese, which are healthier and better for children's teeth.

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Fun Food Facts!



Within 2 hours of standing in daylight, milk loses between half and two-thirds of its vitamin B content

Did You Know?



Vitamin D and calcium work together, to help build strong bones. They work much like a key and a locked door. The Vitamin D is the key that unlocks the door and helps the body absorb and use calcium. Nearly all types of Milk, including low-fat and fat-free plain and flavored, are fortified with vitamin D. Some yogurts and cheeses are fortified, too, so check the labels.