



# Your Baby's Teeth:

## Myths V/s Facts

### MYTHS

- 1) Cavities in baby teeth don't matter because they will just fall out anyway...
- 2) Cavities in baby teeth don't need fillings because they are just baby teeth...
- 3) Kids don't need to see the dentist until they are at least 3 years old...
- 4) I can wait to start brushing my baby's teeth until he is older...
- 5) Toothpaste with fluoride is dangerous for my baby...

### FACTS

- 1) Children don't lose their last baby tooth until they are close to 12 years old. Once started, cavities will grow bigger over time and eventually need to be filled.
- 2) Cavities in baby teeth can lead to pain and infection. Cavities must be treated by the dentist and this can be very hard for young children.
- 3) It is recommended that all kids see the dentist for the first time when their first tooth erupts or by age 1 at the latest.
- 4) To prevent cavities, parents should begin brushing their baby's teeth as soon as the first tooth comes in.
- 5) Parents should use a small smear of toothpaste with fluoride (about the size of a grain of rice) when brushing their baby's teeth. This small amount is not harmful if swallowed and will help prevent cavities.