



# Children's new adult teeth

It can be a very exciting time when children start to lose their first baby teeth. The new adult teeth start to appear in the mouth between 5 to 7 years of age. Parents and carers can play an important role in helping their children adjust to the changes in their mouth by understanding how teeth grow.

## What happens?

- The first adult molar appears at about 6 years of age, behind the last baby molar. It is an additional tooth, not a replacement for a baby tooth.
- At about the same time the lower front baby teeth may start to loosen.
- The adult teeth wear away the roots of the baby teeth until they become very loose and eventually fall out.
- Gradually all baby teeth are replaced by 12 to 14 years of age.



## This may happen . . .

Adult teeth can sometimes grow behind or in front of the baby teeth creating a double row of teeth. Children can usually remove the loosened baby teeth by 'wriggling' them over a few weeks. When the baby teeth are gone the pressure from the lips, tongue and cheeks will help to bring the new teeth into correct position.

## What can you do?

- Encourage your child to 'wriggle' their baby teeth once they become loose.
- Keep up regular toothbrushing even if it is uncomfortable to clean around the loose teeth.
- Maintain a healthy mouth for the new teeth.

**For further information please discuss with your dental practitioner**

### Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



Communications Officer, Dental Health Services  
Locked Bag 15, Bentley Delivery Centre, WA 6983



(08) 9313 0555



publications@dental.health.wa.gov.au



[www.dental.wa.gov.au](http://www.dental.wa.gov.au)

Any images used in this document are for illustrative purposes only, as they are only offered as a general guide.



© 2020 Dental Health Services WA. All rights reserved.