Teething
Healthy teeth are important - even baby teeth.

Your child needs healthy baby teeth to eat and grow; help make the shape of their jaws and face; to keep the space for the adult teeth; to speak clearly; and to have a healthy, happy smile.

When do baby teeth appear?

Babies are born with all their baby teeth already forming in their jaws and the first tooth usually appears around 6 months of age. However, this can vary greatly. By about 3 years of age your child should have a full set of 20 baby teeth. If teeth have not appeared by 15-18 months, seek dental advice. Check out when baby teeth appear at www.dental.wa.gov.au.

Teething should not be confused with an illness. If your baby is unwell when teething, such as developing a rash, a fever, or diarrhoea, see your doctor. Ask your dentist or doctor before using any pain reliever or oral gel containing anaesthetic.

Teething necklaces (amber beads) are a choking hazard and should not be used.

Once my baby gets teeth what should I do?

• Start cleaning baby’s teeth as soon as they appear.
• Feed baby and put them in bed without a baby bottle.
• Teach your baby to drink from a cup between 6 -12 months of age.
• Provide a healthy diet and snacks.
• Avoid fruit juice or sweet drinks - water is best.
• Regularly lift the lip and check your child’s teeth.
• Arrange a dental check-up by two years of age to check for early signs of decay.

Your child depends on you for healthy baby teeth

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

© 2019 Dental Health Services WA. All rights reserved.

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