



John G Plummer & Associates Dental Surgeons



## Teething

Most babies usually get their first teeth between 6-10 months and although every child is different - most children have a full set of 20 baby teeth by the time they are 3 years old.

Upper Teeth	Erupt	Shed
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Canine (cuspid)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.
Lower Teeth	Erupt	Shed
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Canine (cuspid)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

This baby teeth eruption chart will show you the order in which teeth normally erupt and at what ages you can expect specific teeth to appear.

### Signs your baby may be teething

- Irritable
- Crying
- Dribbling
- Chewing on hard things
- Sore and red gums
- Flushed cheeks - sometimes just the one cheek which is hotter to touch than the other

### Our tips to sooth sore gums

- Gently rubbing the gums with a clean finger, teething wipe or a wet gauze pad can help.
- Cooling a teething ring in the fridge – check manufactures instruction prior.
- A cool drink or food (eg yogurt) can be soothing.
- Playing with your child can distract them from the pain.
- You can also try Paracetamol-based medicine or Ibuprofen-based medicine.



### Remember

As soon as that first tooth erupts, brush twice a day with a *smear* of toothpaste containing no less than 1000ppm fluoride. We recommend scheduling your child's first dental appointment before their first birthday or after his or her first baby tooth is visible, whichever comes first.