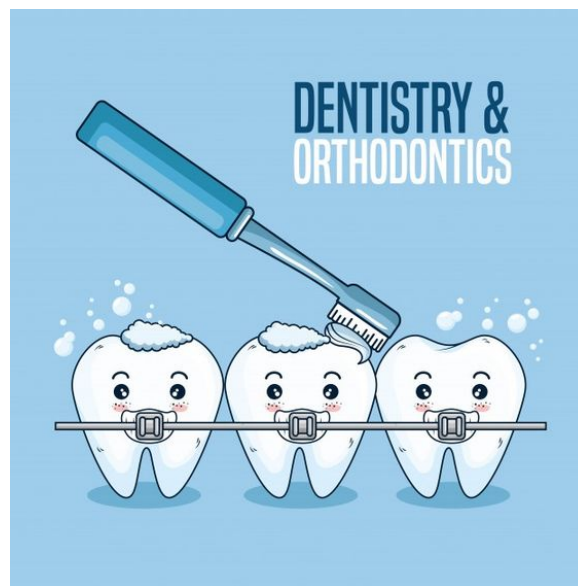




There are a lot of common questions among parents about their kids' teeth. We wanted to answer a few of them here.

### 1. Does your child need braces?

A quick assessment by Dr. Pham will be able to let you know if your child needs braces at cleaning appointments. Most kids begin orthodontic treatment after all the baby teeth are gone to **straighten the teeth**. However, some kids require an early phase of orthodontic treatment in order to adjust for the **growth of the jaws**. "Underbites" and "overbites" are typically addressed in early orthodontic treatment, assessment occurs between 7-10 years old. Following an early orthodontic treatment, straightening of the teeth will likely still be required.



*Image from freepik.com*



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## 2. "Why do baby teeth need fillings if baby teeth come out anyway?"

It's understandable that a lot of parents have this question, and sometimes kids too. Baby teeth are lost at different stages, they start coming out at 6 years old and the last baby tooth is lost around 14 years old. In kids, when a baby tooth has a small cavity, it can grow very quickly, possibly causing pain or infection. If the baby tooth gets an infection, unfortunately the tooth would need to be removed. If the baby tooth is lost too early, the surrounding teeth will move into the missing tooth position and block the adult tooth from coming into the correct position. There are additional procedures that we can do to maintain the spacing, however the best approach is to prevent the premature loss of a baby tooth.

If a baby tooth has a small cavity, we generally recommend taking care of it early before it gets larger.

Take a look at the included infographic below to track the progression of your children's baby and adult teeth!



Baby Tooth Cute Teeth Pun by punnybone

Zazzle



3. **“Another child at school already has their adult tooth coming in, and they’re getting braces next week! Is this normal?”**

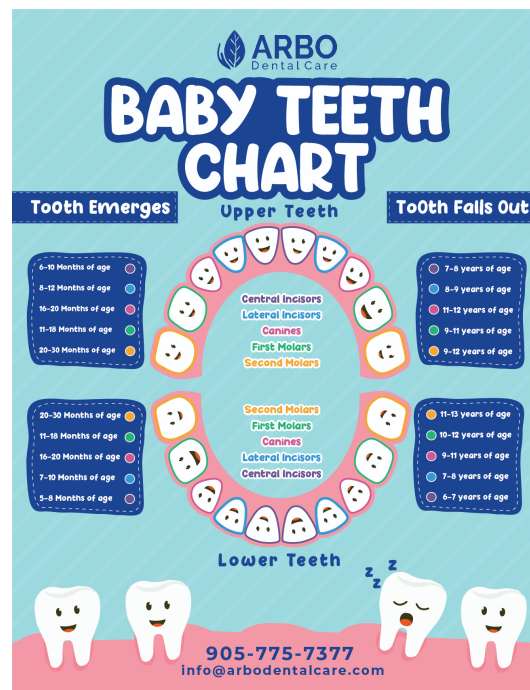
Another common question, because we see other kids at school or talk to other parents with kids around the same age and wonder what’s happening. I want to reassure you that everything is okay and normal. As long as kids are visiting the dentist for regular check ups, their bite will be assessed and consider if orthodontic consultation is required.



*Image: sewcream/Adobe Stock*

**4. Is there a way to know when to expect my child's teeth to come in?**

Yes there is! Babies get their first tooth at 7-8 months old! And their first adult tooth at 6 years old. Take a look at the following infographic and follow along your kids' teeth development. Keep in mind these are only estimates, sometimes kids get their adult teeth later in their teens. Wisdom teeth can come in as early as 16 years, and depending on how impacted they are, might not come in at all. Full size at the end of this handout, follow along their development!



(No worries, the full size printables at the end of the e-Book!)



## 5. How to prepare a child for their first filling

At Arbo, we've been very fortunate that kids are some of our best patients, so how do we do it? It's a team effort, including you, the parents. Kids pick up on a lot of how we say things and how we're feeling, so as the parent, if you're nervous or anxious about your child's appointment, they pick up on it. I recommend not discussing or even mentioning what the appointment is about. If they ask please tell them that we will answer all their questions at the appointment before we begin, and we will. If you like, you can explain the filling appointment as removing the sugar bugs (cavity) that are in between teeth. Please do not mention "needles", "injections", "no pain", "it won't hurt", "you have to do it", etc. Instead of saying "pain" or "hurt" we talk about "pressure". We try to avoid using these trigger words. We understand you want to prepare your child for the appointment, but from our experience kids usually do well if we can prepare them together with you. I usually demonstrate and let the kids touch the instruments (**safely**) before beginning and this tends to put them at ease.

Let us guide you how to prepare your child for their first filling appointment.



There is a lot of information contained here that we are more than happy to discuss with you and your kids. We look forward to guiding you and your kids towards understanding oral health. Please share with family and friends you think would benefit from this information.

Thank you from  
Dr. Pham, Christina, Carol, Nola, Guadalupe



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Your Dental Team at Arbo Dental Care

