

Let's Talk About Teeth

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BABY STEPS

Because a child's teeth start to form under the gums even before he or she is born, pregnant women can get their children's teeth off to a healthy start by adopting a nutritious diet. A child's first tooth generally breaks through the gums at 5-6 months of age, but this can vary considerably. Some children already have a tooth when they are born, in which case the tooth may be an extra (supernumerary) one. This should prompt an examination by the dentist. Regardless of when teeth begin appearing, bear in mind that the "baby" teeth are important. Primary teeth help with chewing and speaking clearly. They also retain space for the permanent teeth, which begin erupting around 5-6 years of age.

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