



09 AUG, 2025

Baby teeth to big smiles

Emerald Today, Emerald

# Baby teeth to big smiles

Childhood is made up of a series of ‘firsts’ – first steps, first words, first day of school.

As we celebrate Dental Health Week, let’s highlight some other ‘first’ milestones in your child’s oral health journey.

**FIRST SMILE**

There is nothing quite like seeing your baby smile at you for the first time.

Even before any tiny teeth appear, you can start to gently clean your baby’s gums with the swipe of a soft, damp cloth.

**FIRST BABY TOOTH**

Parents can generally tell when that first new tooth is about to pop through, usually around six–10 months of age.

It can be a trying time for both baby and parents, but gently massaging the gums, cold chewing toys, and cuddles can help you all navigate this stage.

This is a good time to introduce assisted toothbrushing with a caregiver.

You could even let the baby chew on the bristles while supervised as a positive way of encouraging oral care and the sensation of the toothbrush in the mouth.

Modelling fun, exaggerated brushing of your own teeth in front of your child will help create a positive routine.

**FIRST DENTAL VISIT**

Your child’s first visit is an exciting opportunity to meet our friendly team and explore a new environment.

We recommend starting from around one year of age.

Even a simple ride in the dental chair on your lap builds confidence.

We’re in it for the long game, and want coming to the dentist to be a positive, safe and comfortable experience your child looks forward to! Remember, talking positively about dental visits at home is key.

**FIRST TOOTHPASTE**

At around 18 months, children should consistently use a kids’ fluoride toothpaste and can start flossing any teeth that are touching.

Used in small, age-appropriate doses, fluoride has a powerful protective effect that strengthens teeth and shields against decay.

After brushing, spit but don’t rinse, allowing the fluoride to work on the teeth for longer.

We’re always here to discuss fluoride’s role in your child’s dental health.

**FIRST ADULT TOOTH**

So many children eagerly await their first wobbly tooth — usually around six years of age!

It’s such an exciting time when the tooth fairy comes to visit, and it signals the start of the adult teeth emerging.

All the effort up to this point is to boost them into keeping these big teeth healthy for the rest of their life!

Unlike sharks, we can’t grow any new ones if we lose these!

**FIRST DENTAL TREATMENT**

Sometimes children need dental treatment due to decay, trauma or developmental concerns. Building a positive dental relationship early significantly reduces fear.

Our dentists and oral health therapists’ gentle approach helps children feel safe, explaining each step using child-friendly language.

We use specific techniques tailored to your child to create a calm environment enabling effective treatment.

Where possible, we prefer preventative or the least invasive options to preserve your child’s smile with minimal stress.

From that first gummy smile to their first adult tooth, every stage in your child’s dental experience is an opportunity to build positive lifelong habits and memories.

By starting early, staying consistent, and working with your dental team, you’re setting your child up for a lifetime of healthy, confident smiles.

Let’s celebrate these milestones — because every little tooth is a big step forward!



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Every little tooth is a big step forward. (Supplied)