

10 Dental Milestones Every Parent Should Know

Supporting your child's oral health journey, from first tooth and beyond

Highlighting the importance of children's oral health, this flyer shows how parents and caregivers can support healthy habits from an early age. Supporting your child's oral health through each stage of development sets the foundation for a lifetime of healthy smiles.

1. First Tooth Erupts (Around 6 Months)

Begin brushing as soon as the first tooth appears - twice a day with a soft baby toothbrush and a smear of fluoride toothpaste, depending on your child's needs.

2. First Dental Visit (By 12 Months)

Your child should have their first check-up by age 1. Early visits help normalise the dental experience and spot any issues early.

3. First Full Set of Baby Teeth (Around 3 Years)

20 baby teeth should be in place by now. Keep brushing twice a day and begin gently cleaning between teeth with floss or interdental brushes.

4. First Diet Milestone: Reduce Added Sugars

Establish tooth-friendly eating habits early. Limit sticky snacks, juice, and sugary treats - your child's teeth will thank you.

5. Establishing a Dental Home

By age 2-3, it's ideal to have a regular family dentist - someone your child knows and trusts.

6. First Loose Tooth (Typically Age 5-7)

Celebrate this milestone! Keep up daily brushing and flossing as adult teeth start to appear.

7. First Sports Mouthguard

Once your child begins playing contact sports, a properly fitted mouthguard is essential to protect those growing teeth.

8. Eruption of First Permanent Molars (Around Age 6)

These "six-year molars" don't replace baby teeth, so they often go unnoticed. Keep brushing and ask your dentist about protective sealants.

9. Orthodontic Assessment (Around Age 7)

Your dentist may recommend an early visit to the orthodontist to assess jaw development or bite issues - even before all adult teeth are in.

10. Transition to Independent Brushing (Ages 8-10)

Supervise brushing until around age 8, then support your child as they develop good habits on their own, in added sugar.

Healthy Habits at Every Stage
No matter the milestone, support your child with these four essentials:

- Brush twice daily with fluoride toothpaste
- Clean between teeth daily
- Eat a nutritious, low-sugar diet
- Visit your dentist regularly

For more free patient resources visit:



Henry Schein is proud to support dentists and specialists across Australia with the tools and resources they need to guide families through every stage of oral development. From early childhood to confident teenage smiles, we're behind every step forward.