

When To See An Orthodontist

Understanding your child's developing smile

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.

What age should my child see an orthodontist?

Orthodontists recommend an initial assessment by around age 7. At this stage, children typically have a mix of baby and adult teeth, and the jaw is still growing. Seeing an orthodontist early allows problems to be identified and, in some cases, corrected before they become more complex.

Your dentist may suggest a referral earlier depending on your child's needs.

Signs your child may benefit from an orthodontic check-up

- Early or late loss of baby teeth
- Difficulty chewing or biting
- Mouth breathing
- Crowded, crooked or misplaced teeth
- Thumb sucking beyond age 5
- Jaw shifting, clicking or popping
- Speech difficulties

Even if none of these signs are present, an early review gives the orthodontist a baseline for future development.

What to expect at the first visit

The orthodontist will examine your child's teeth, jaws and bite, possibly take X-rays or images, and provide advice on any next steps. Sometimes early treatment is recommended, but often the child will simply be monitored over time. Early assessments do not always mean early braces, but they help support the best long-term outcome.

Healthy habits matter at every stage No matter your child's age or stage, four key habits support lifelong oral health:

- Brush twice daily using fluoride toothpaste
- Clean between teeth daily using floss or interdental brushes
- Eat a nutritious diet low in added sugar
- Visit your dentist regularly

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.

For more free patient resources visit:

