DELTA DENTAL®

Preparing for the Tooth Fairy

Losing a tooth can be an exciting but scary time in a child's life. Children start losing teeth around age 6, with the last ones falling out by age 13, and it's important that parents feel prepared when the first milestone arrives.

If you notice a loose baby tooth, hold the tooth firmly with a piece of gauze or tissue, and give it a quick twist. If it doesn't come out, wait a few days until it becomes looser on its own, and try again. It's OK to let your child wiggle the loose tooth gently to help, but if there's pain, or if the tooth hasn't fallen out after a few days, you may want to contact your dentist.

Minimal bleeding afterward is normal—give your child water to rinse with to help remove the blood. The mouth will heal on its own, but you also can hold a clean piece of gauze to the area to help it.

That evening, be sure your child places the tooth under the pillow for the Tooth Fairy. Then brush those remaining teeth and snuggle in for a good bedtime story.

Did you know?

Girls start losing teeth earlier than boys, though timing can vary.

Quick bites

Tips to make a Tooth Fairy visit special:

- If the tooth is lost or falls out on the playground, consider having your child write an explanatory note on why there's no tooth.
- Leave a handwritten note complimenting the clean, healthy tooth.
- Share tooth tips along with a "treat," such as money or a small toy in exchange for the tooth.
- Forget to grab the tooth? Remind your child that the Tooth Fairy is very busy and can't get to every child's house in one night. (Make sure to grab it the next night!)
- Parents can save or toss the tooth—but if tossing, make sure your child doesn't see it!

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Visit us online for more information on oral and overall health!

General source: Delta Dental of Michigan, "From Drool to School—Oral Health Book," web.

Healthy Smile, Happy Life

Delta Dental of Arkansas, Indiana, Kentucky, Michigan, New Mexico, North Carolina, Ohio, and Tennessee