



MYTHS ABOUT MILK TEETH

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BUSTING COMMON MYTHS ABOUT MILK TEETH

When it comes to children's dental health, milk teeth—or baby teeth—are often misunderstood. Many parents believe that because they eventually fall out, they don't require much attention. But that's far from the truth. Let's uncover and debunk some of the most common myths surrounding milk teeth.

MYTH 1: MILK TEETH AREN'T IMPORTANT – THEY'LL FALL OUT ANYWAY

Truth: While it's true that milk teeth are temporary, they play a crucial role in a child's development. They help with chewing, speaking clearly, and holding space in the jaw for permanent teeth. Losing them too early due to decay can cause crowding or misalignment of permanent teeth.



MYTH 2: CAVITIES IN BABY TEETH DON'T MATTER

Truth: Cavities can cause pain, infections, and even damage to the underlying permanent teeth. Tooth decay can also affect a child's overall health and nutrition if it hurts to eat. Treating dental issues early helps avoid more serious problems later.

MYTH 3: BRUSHING ISN'T NECESSARY UNTIL ALL BABY TEETH COME IN

Truth: Dental care should start even before the first tooth erupts. Wiping the baby's gums with a soft, damp cloth and switching to a toothbrush as soon as the first tooth appears sets the foundation for good oral hygiene.

MYTH 4: BABY TEETH DON'T NEED TO BE CHECKED BY A DENTIST

Truth: The American Academy of Pediatric Dentistry recommends a child's first dental visit by age one or within six months of the first tooth eruption. Early visits help catch issues early and get kids comfortable with dental care.

MYTH 5: KIDS DON'T NEED TO FLOSS

Truth: Once teeth begin to touch each other, flossing is necessary. Food particles and plaque can build up between teeth, leading to cavities—even in tiny spaces between baby teeth.

MYTH 6: THUMB-SUCKING AND PACIFIERS ARE HARMLESS

Truth: While common and usually harmless in early infancy, prolonged thumb-sucking or pacifier use beyond age 3-4 can lead to dental problems like misaligned teeth or bite issues.

MYTH 7: FLUORIDE IS HARMFUL TO YOUNG CHILDREN

Truth: In proper amounts, fluoride is safe and extremely effective in preventing tooth decay. Using a pea-sized amount of fluoride toothpaste once the child is able to spit is recommended by pediatric dentists.

FINAL THOUGHTS

Milk teeth deserve just as much care and attention as adult teeth. Starting good oral habits early not only ensures a healthy smile but also sets the stage for a lifetime of dental wellness. Don't let myths misguide you—when in doubt, talk to a pediatric dentist for reliable advice.

