



PARENT'S GUIDE TO

HEALTHY TEETH

BY AGE

**WHAT TO EXPECT AT EACH STAGE
AND WHEN TO ASK FOR HELP.**



Every Stage Looks A Little Different

Your child's mouth changes a lot from babyhood to the teen years.

New teeth come in.
Baby teeth fall out.
Adult teeth arrive.
Bites change.
Brushing needs change too.

At The Tooth Shop, we help parents understand what is normal, what needs attention, and how to keep each stage as healthy and stress-free as possible.



Baby Stage

Birth To Age 1

Even before teeth come in, oral health matters. Baby teeth often begin appearing around 6 months, but timing can vary.

What to do:

- Wipe gums gently
- Start brushing when teeth appear
- Use a tiny smear of fluoride toothpaste
- Avoid bottles in bed
- Schedule the first dental visit by age 1

This first visit is mostly about prevention, comfort, and parent guidance.



Toddler Stage

Ages 1 To 3

Toddlers are learning everything, including how brushing works.

At this age, parents should still do the brushing.

What to watch for:

- White spots near the gums
- Bottle or sippy cup habits
- Thumb sucking or pacifier use
- Teeth that come in crowded
- Early signs of cavities

Regular visits help us catch small issues early and help your child get comfortable at the dentist.



Preschool Stage

Ages 3 To 5

By this stage, most children have all 20 baby teeth. They may want to brush on their own, but they still need help.

Healthy habits include:

- Brush twice daily
- Use a pea-sized amount of toothpaste
- Floss where teeth touch
- Limit frequent snacking
- Choose water between meals

This is a great age to build confidence and make dental visits feel normal.



Early School Age Ages 6 To 8

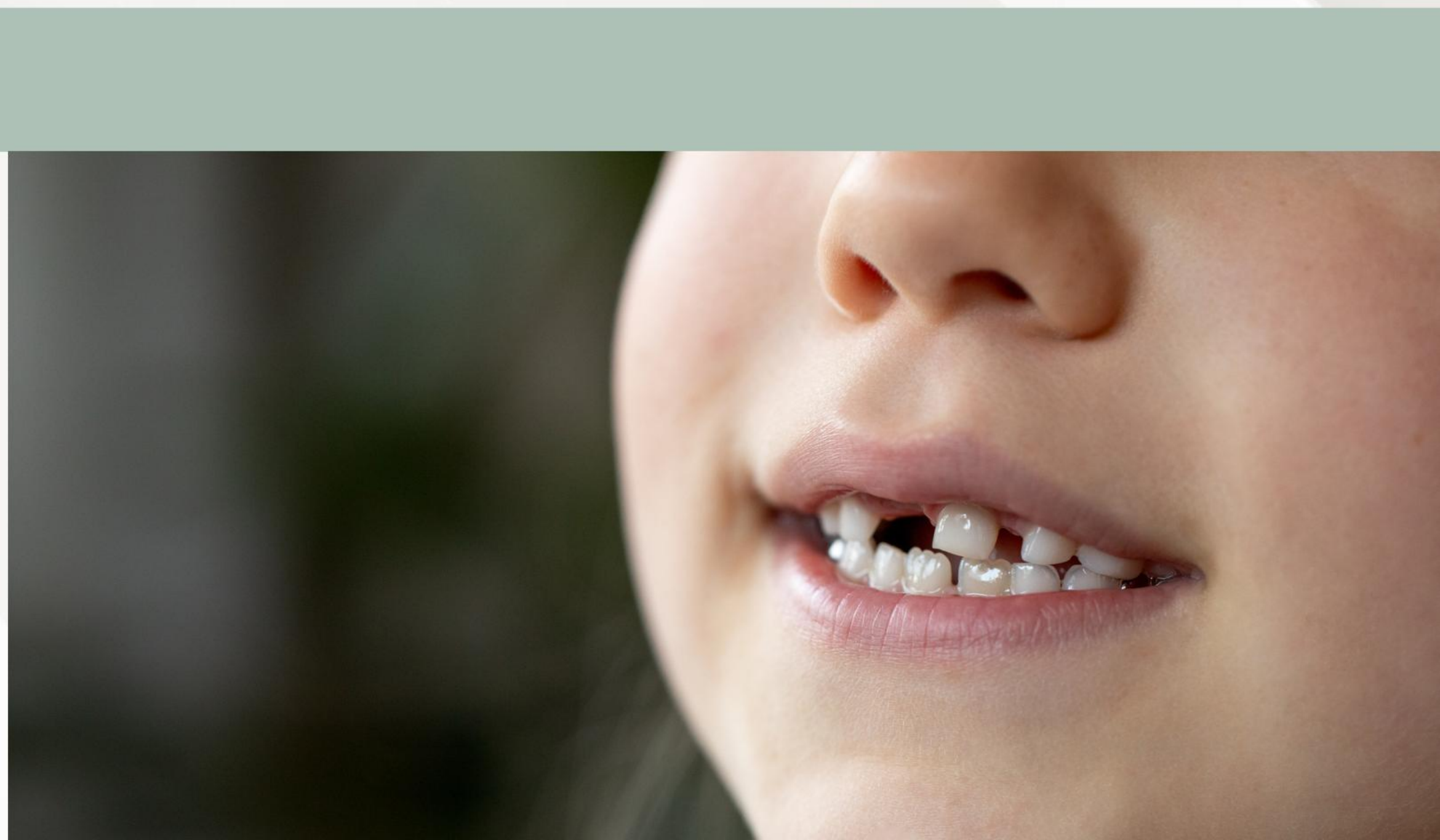
This is a busy stage for teeth.

Baby teeth start falling out, adult teeth begin coming in, and the first permanent molars usually appear.

What to watch for:

- Adult teeth coming in behind baby teeth
- Crowding or crooked teeth
- Cavities in new molars
- Wiggly teeth that will not fall out
- Trouble brushing back teeth

We may also talk about sealants to protect permanent molars.



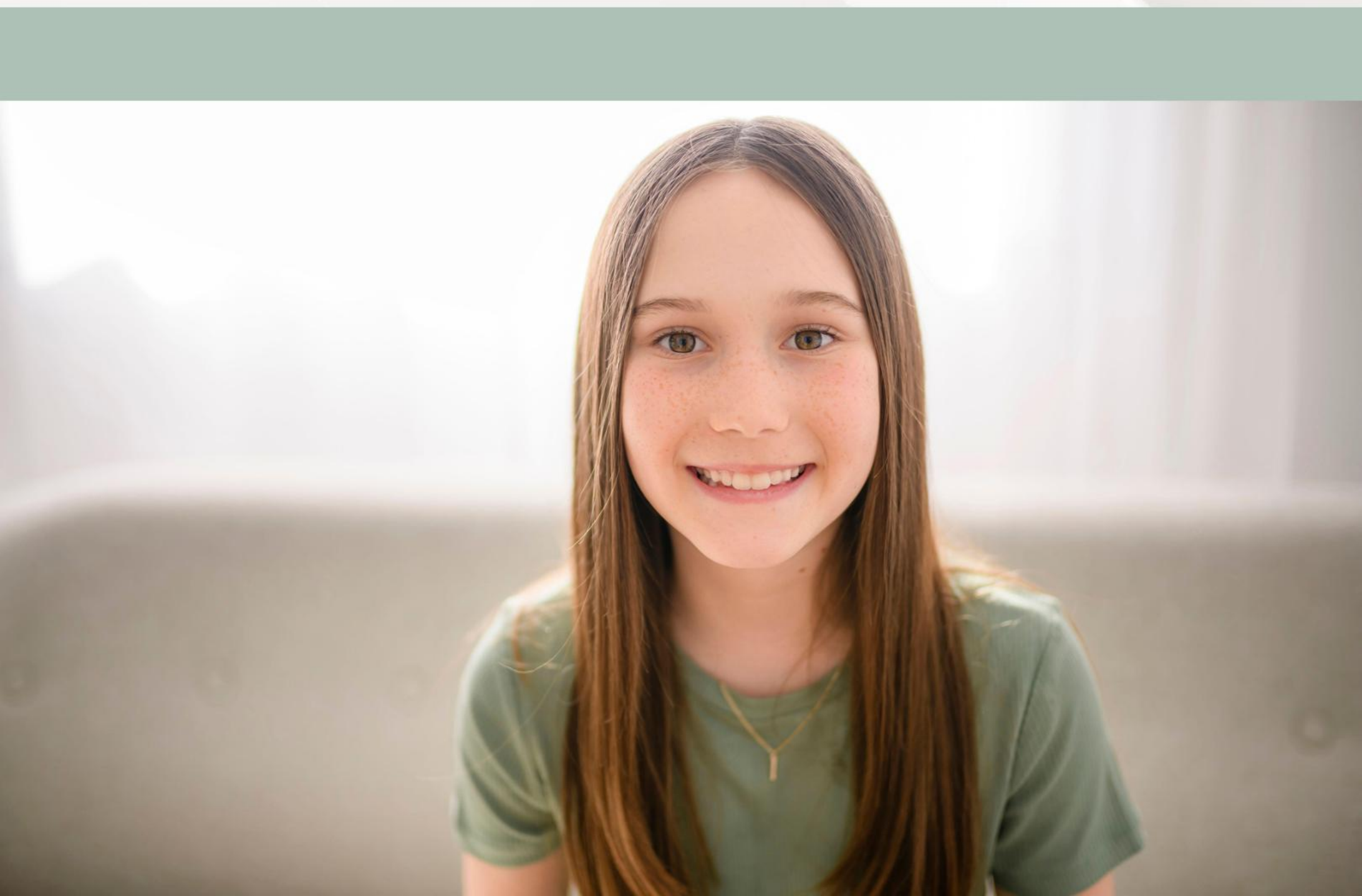
Middle Childhood

Ages 9 To 12

More baby teeth are lost during this stage, and more adult teeth come in. This is also when orthodontic concerns may become easier to see.

What to watch for:

- Crowding
- Bite issues
- Jaw growth concerns
- Mouth breathing
- Grinding
- Cavities between teeth
- Brushing independence that is not quite there yet



Teen Years Ages 13 And Up

By the teen years, most adult teeth are in place. Now the focus shifts to long-term habits. What matters most:

- Consistent brushing
- Daily flossing
- Sports mouthguards
- Braces or aligner care
- Wisdom tooth monitoring
- Nutrition and drink choices
- Confidence in their smile

Teenagers need dental care that respects their independence while still keeping parents informed.



When Should Parents Pay Closer Attention?

Every child develops at their own pace. But some signs deserve a closer look.

Call us if you notice:

- Tooth pain
- Swelling
- Dark spots or holes
- White chalky spots
- Adult teeth coming in very crooked
- Baby teeth not falling out
- Mouth breathing
- Snoring
- Jaw clicking
- Trouble chewing
- Dental anxiety

You do not have to know if it is serious. That is what we are here for.

Why Regular Visits Matter At Every Age

Dental visits are not just for cavities. Regular visits help us monitor:

- Tooth development
- Bite growth
- Gum health
- Cavity risk
- Brushing habits
- Spacing and crowding
- Airway-related concerns
- Comfort at the dentist

The goal is to catch problems early, before they become painful, expensive, or stressful.



How The Tooth Shop Helps Families

At The Tooth Shop, we guide parents through every stage of childhood dental care.

Schedule your child's appointment today.

480-525-7110



WHY FAMILIES TRUST THE TOOTH SHOP

Families choose The Tooth Shop because we focus on:

- Honest recommendations
- Clear communication
- Long-term oral health
- Child-friendly care
- Helping parents feel informed and confident

We're here to help families understand their options without pressure or confusion.



Meet Dr. Perkins

Dr. Jaron Beau Perkins, DMD, is a Pediatric Dental Specialist focused on creating a calm, positive experience for children and families. He earned his degree in Exercise and Wellness from Arizona State University, attended Case Western Reserve University School of Dental Medicine, and completed his pediatric dental residency at Rainbow Babies & Children's Hospital in Cleveland, Ohio. Over the past 13 years, Dr. Perkins has practiced in rural and underserved communities in Pennsylvania and Prescott, AZ, treating complex pediatric cases and severe decay. These experiences shaped his compassionate, creative approach to care. He is a member of the AAPD and AAFE.

 The Tooth Shop™



"My goal is to help every child feel safe, understood, and confident at the dentist while building healthy habits that last a lifetime."

Jaron Perkins, DMD

Want To Know If Your Child Is On Track?



The Tooth
ShopTM

We'd love to meet your family.

Schedule your child's
appointment today.

(480) 427-0531

Book Appointment

- ✓ Kid-friendly environment
- ✓ Experienced with anxious children
- ✓ Judgment-free care
- ✓ Focused on long-term health
- ✓ Serving families in Gilbert, AZ