

# The Truth About Your Loose Tooth

(A Coloring Book)



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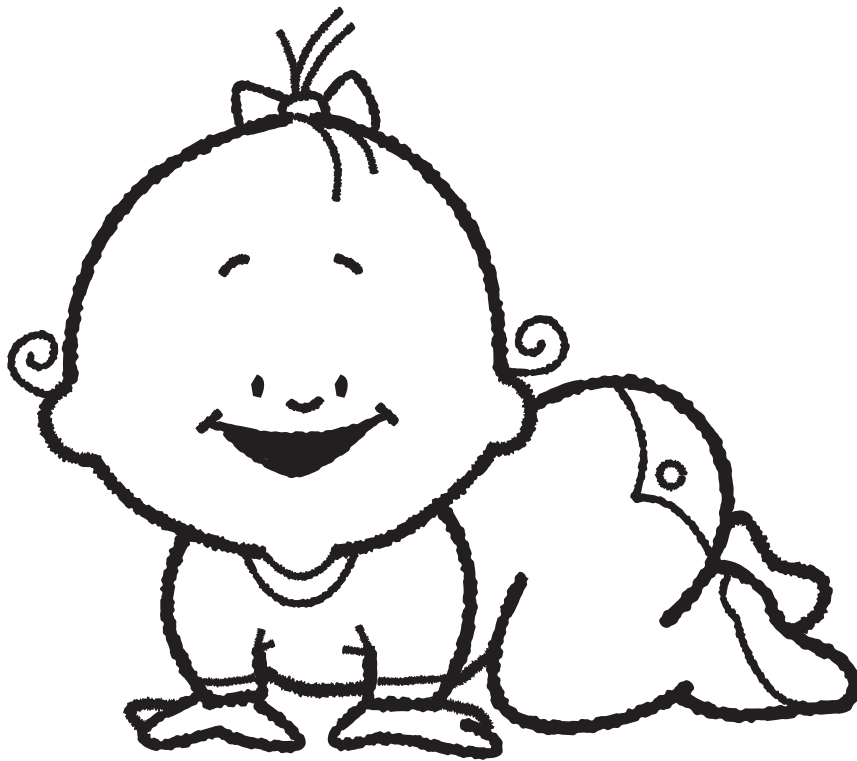
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When you were **born**, you had no teeth that anyone could see. Your teeth were “**hiding**” inside your gums.



That is why you drank milk, and then later, ate “**baby food**” that was smooth and did not have to be chewed.



Your four front teeth probably “popped out”  
between age six months and one year.

After a while, your other teeth could be seen, too.



By age 3, you probably had a full set of 20 teeth.  
These teeth often are called “baby teeth.”



By about age 6, your jaws start growing to make room for your grown-up teeth, sometimes called “adult teeth.”

During this time of growing and changing, you will have some “loose” teeth. Your baby teeth fall out to make room for the adult teeth to grow in.

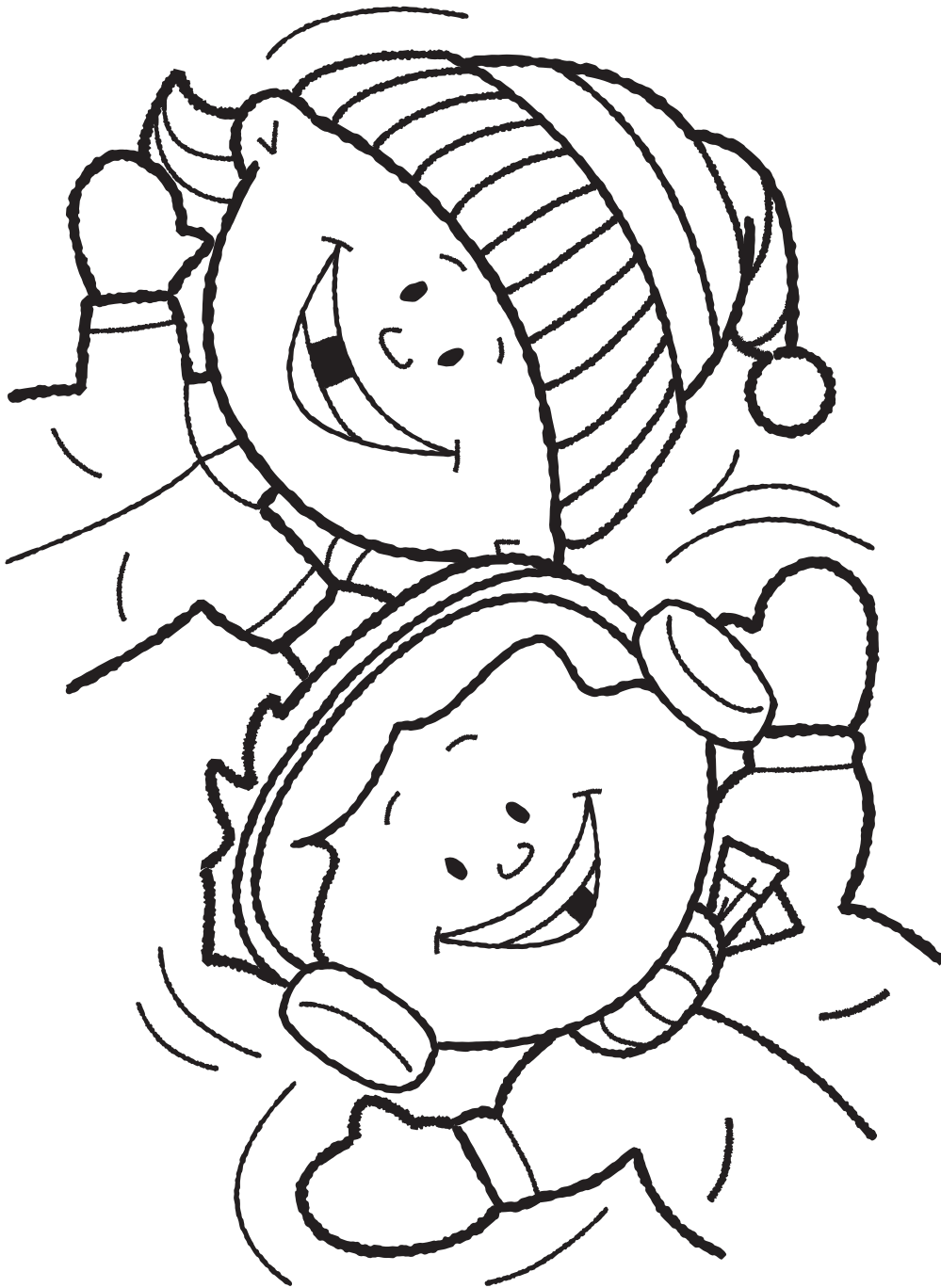


Different children lose their teeth at different times. This is normal and OK.  
You will lose your teeth when the time is right for you.

Many children lose their four front teeth first. How about you? Have you lost any teeth? If so, did you lose an upper tooth first, or a lower tooth?



**When a child's tooth falls out, the child often puts the tooth under his or her pillow at night. Then the Tooth Fairy may come and take the tooth, leaving a surprise behind in its place.**



Children who have lost their baby front teeth wait and wait for their adult front teeth to come in. How long will it take?

Oh dear! It can take a year or even longer for the new front teeth to come in. Some children are seven or eight years old when this happens.

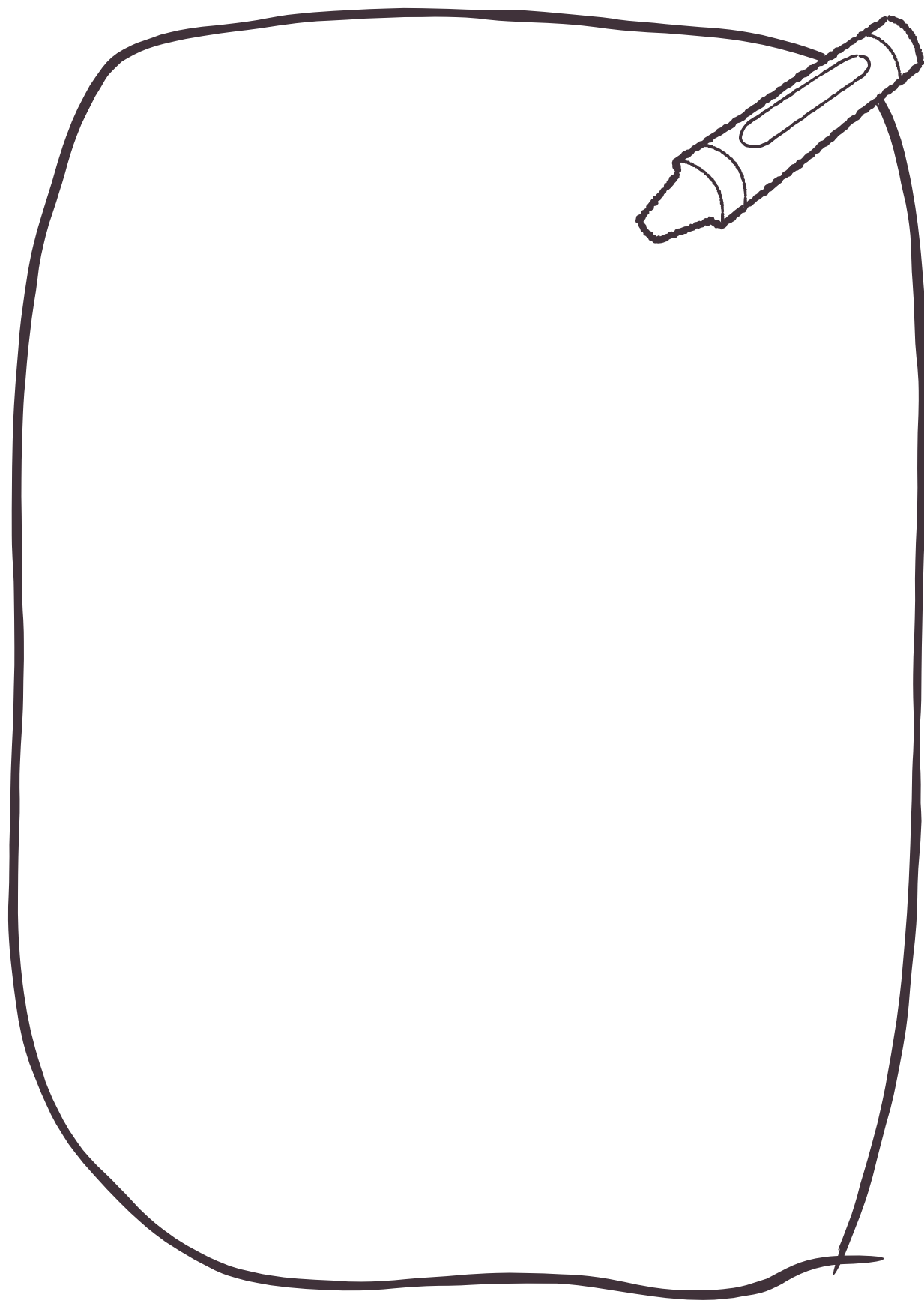
Which new teeth will come in first?

Usually the front teeth. Many children will get their bottom front teeth first, then their top front teeth. But you may be different. That's OK!





By about age 12, your baby teeth will be gone  
and most of your adult teeth will be in place.  
If you take **good** care of them, they will last your whole life.



**On this page, draw a picture of yourself,  
showing what your smile looks like right now.**

# Word Search

T D B A B Y T E E T H  
C O F I I M O F Q S P  
L H O W T B C L E A N  
O J O T E J L O N P W  
O L D I H R T S V X M  
S N E K W P Z S A C I  
E P G M Y B A Q E G L  
T R U O B R U S H I K  
O T M Q D J L N T M O  
O V S S F S M I L E Q  
T X Z U H P R T V W S  
H G D E N T I S T X U



1. Baby Teeth
2. Bite
3. Brush
4. Clean
5. Dentist
6. Floss
7. Food
8. Gums
9. Loose Tooth
10. Milk
11. Smile
12. Toothpaste

The words can be forwards, diagonal, up or down.

**Parents and teachers:** these are additional key points to consider discussing with young children.

**Primary (baby) teeth are very important. They shape your face (which helps you smile!), and also help you talk and chew food.**

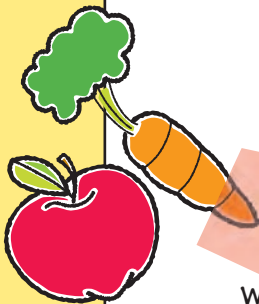
### **To help take good care of your teeth:**



- Brush your teeth twice a day.
- Floss your teeth once a day.
- Every day, eat foods from the 5 main food groups.



- When you need a snack, try to eat foods like fruits, vegetables, or cheese. Do not eat sugary foods and drinks (like candy and soft drinks) every day. Eat them only once in awhile for a special treat.



- Visit your dentist.

- For more information on teeth and how to take care of them, visit the website of the American Dental Association:  
[www.ada.org](http://www.ada.org)



American Dental Association  
[www.ada.org](http://www.ada.org)

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