

# Bone and teeth development



With the right nutrition, your baby can develop **strong bones and healthy teeth**.

## IMPORTANT NUTRIENTS FOR YOUR BABY'S BONE AND TEETH DEVELOPMENT

Nutrient	Benefits	Food
<b>Calcium</b>	Contributes to the development and maintenance of bones and teeth	
<b>Magnesium</b>	Contributes to the development and maintenance of bones and teeth	
<b>Phosphorus</b>	Contributes to the maintenance of bones and teeth	
<b>Vitamin C</b>	Contributes to the collagen formation, needed for bones and teeth	
<b>Vitamin K</b>	Contributes to the maintenance of bones	
<b>Vitamin D</b>	Contributes to the maintenance of bones and teeth and to the absorption / utilization of calcium and phosphorus	
<b>Protein</b>	Contributes to the maintenance of bones	

## DID YOU KNOW...?



The **mother's diet** before and **during pregnancy** is **crucial** for bone and teeth development.



Your baby's teeth begin forming at the 6<sup>th</sup> week of pregnancy. Around 3 to 4 months of gestation the hard tissue that surrounds the teeth is formed, and then, **between 6 and 12 months, baby teeth begin to come.**



It takes up to **18 months** for the **fontanelles** on your baby's head to **close.**



To prevent dental caries, intake of **foods high in sugar** (including fruit juices) **should be limited.** But did you know that **genes** have also a role in dental caries?

# Teething

There is no specific timing for first teeth to come out (6-12 months).

## HOW CAN I TELL IF MY BABY IS TEETHING?



Swollen and sensitive gums



Drooling



Gnawing on objects



More irritable or restless



Less interested in food

## WHAT CAN I DO TO HELP?



Love and cuddles are always a great way to calm your baby



Rub gently your baby's gum



Cooling the inflamed gums may help



Gnawing cool teethers can soothe gums



Avoid teething gels



If your baby looks distressed, ask the pediatrician for advice

## TEETH DEVELOPMENT

TYPES	MONTHS
Central incisor	8-12
Lateral incisor	9-13
Canine	16-22
1 <sup>st</sup> Molar	13-19
2 <sup>nd</sup> Molar	25-33
2 <sup>nd</sup> Molar	23-31
1 <sup>st</sup> Molar	14-18
Canine	17-23
Lateral incisor	10-16
Central incisor	6-10

