

My Child Says It Is Uncomfortable to Bite Down With Their Wiggly Tooth, Is This Normal?

Some children might be worried about biting down on food or accidentally swallowing the loose tooth when drinking their chocolate milk in the morning. Taking the time to talk to your child about their loose tooth can help them feel assured that it's a very normal process that everyone goes through. You might even help ease their minds with some Tooth Fairy talk and encouragement.

Baby Teeth

Updated On: November 27, 2024



Remember turning 5 or 6 and having your first loose tooth?

It may feel like a lifetime ago, but for your child, it is all their little minds can think about. Losing those first few baby teeth is a big milestone for a young child, but it can also bring some unwanted pain and anxiety as well.

Is Loose Tooth Pain Normal?

First of all, this loose tooth pain is completely normal. As baby teeth begin to make way for permanent teeth, they slowly break away from the gums and nerve endings that hold them in place. This can cause swelling, redness, and ultimately, pain. The only thing you should look out for as a parent is excessive bleeding. A little bit of bleeding is to be expected. If you're curious if your child is losing their teeth too early or late, most **children begin to lose their teeth around 6 years-old**.

Loose Tooth Anxiety

There's also a mental aspect to this fun milestone. Some children might be worried about biting down on food or accidentally swallowing the loose tooth when drinking their chocolate milk in the morning. Taking the time to talk to your child about their loose tooth can help them feel assured that it's a very normal process that everyone goes through. You might even help ease their minds with some Tooth Fairy talk and encouragement.

How Can I Help My Child With Loose Tooth Pain?


So, as a parent, what can you do to mitigate against the pain and swelling from a loose tooth? Ice is an option, as long as it isn't applied directly to the inside of the mouth. Cold temperatures can damage delicate gum tissue. You can also give your child over the counter pain relievers if the pain gets to be too much to handle. Make sure to administer the correct dosage for age and weight.

Call Just 4 kiDDs Pediatric Dentistry

If you have any questions about your child's loose tooth, you can always give your favorite **Idaho Falls Pediatric Dentist** a call! The pediatric dentists at Just 4 kiDDS Dentistry for Children are happy to give you tips for helping your child through losing their first teeth!


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