

## How Our Teeth Change

When you are little, you have what are called **baby teeth**. These are the first set of teeth that come in when you are a baby and they help you chew food and talk. Did you know that we have **20 baby teeth**? They are very important for chewing and making room for our bigger teeth to grow.

## Getting Older and Losing Baby Teeth

As you grow up, usually around the age of 6 or 7, your **baby teeth** start to wiggle and eventually fall out. This is a normal part of growing up, and it might feel a little funny when they move! When one of your baby teeth falls out, it's a sign that a new tooth is ready to come in.

## Permanent Teeth Take Their Place

When you lose a baby tooth, it gets replaced by a **permanent tooth**. These are bigger and stronger teeth that will stay in your mouth until you are much older, maybe even for the rest of your life! You have a total of **32 permanent teeth** that will grow in to take the place of your baby teeth. That's a lot of teeth!

## Why is This Important?

It's important to take care of your teeth by brushing and visiting the dentist, so your permanent teeth can stay healthy and strong. Remember, even though baby teeth fall out, it helps make space for the permanent teeth that will help you chew food and smile big!