

Early Childhood Tooth Decay is Painful

Pain Affects:

- Eating
- Sleeping
- Learning
- Behaviour

Pulling Baby Teeth Because of Decay Causes Problems

With:

- Chewing Food
- Speaking
- Crooked Adult Teeth
- General Health
- Self-Esteem



Advanced Early Childhood
Tooth Decay
[www.ada.org.public/topics/
decay_childhood.asp](http://www.ada.org.public/topics/decay_childhood.asp)

Dentally Appropriate Healthy Snacks

- Cheese & crackers
- Milk
- Yogurt
- Fruit & vegetables
- Bannock/whole grain bread
- Ham, beef or chicken sandwich
- Unsweetened applesauce
- Non-sugar coated cereal
- Unsweetened rice cakes
- Hard boiled egg*

CAUTION: Some of these foods may be a choking or allergy* hazard for young children. Texture of foods may need to be changed for younger children. (ie-cook and grate or slice hard raw vegetables and fruit, cut grapes in half, grate cheese, etc) Check with a physician, nurse or nutritionist if you are unsure.

Dental Services in Your Community:

Healthy Smile Happy Child Project
Manitoba 2004

Baby Teeth Are Important!

Tooth Care (& Mouth Care) Starts at Birth



▶ **Newborn to
6 Years**

Prevent Early Childhood Tooth Decay

▶ Tooth Saving Tips!



- Breastfeed
- Give breastfed babies a Vitamin D supplement
- No bottle in bed*
- Brush baby's teeth
- Avoid letting baby walk around with a bottle or sippy cup
- Wean baby off the bottle to a sippy cup around 6-8 months
- Wean baby off the sippy cup onto a regular cup by 12-14 months
- Limit unsweetened juice to 1/2 cup a day and dilute with water
- No juice, pop or sweet drinks in bottle or sippy cup: use a regular cup
- Serve healthy food and drinks
- Avoid propping baby's bottle
- Give water in between meals
- Don't dip baby's soother in sweets
- Use teething ring instead of biscuits
- *Take your child to the dentist regularly starting by their 1st birthday.*
- * **Only water is safe in a bedtime bottle.**

Mouth Care From the Start

Start cleaning baby's gums right after birth. Wipe them twice a day with a clean, and damp washcloth.

This habit makes toothbrushing easier later on because baby is used to you working in his or her mouth.

Brush Baby Teeth

Brush twice a day as soon as the first tooth comes in.

- For babies under 1 year use water instead of toothpaste
- At 1 year use a **very small amount** of fluoride toothpaste. (1/8 size of pea)
- Increase toothpaste to 1/2 size of a pea at 3-5 years and a pea-sized amount once your child is 6 years old
- Too much toothpaste can cause permanent discolored spots on adult teeth: adults should put toothpaste on toothbrush
- Children need help brushing their teeth until they are 8 years old.



Lift the Lip!



Decay along the gumline
www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm

Lift the top lip at least once a month to check for decay.

Lift the top lip and check the gumline. Decay often starts there and can't be seen when your child smiles.

Decay looks like white, brown or discolored areas on the teeth, often along the gumline.

Check **behind** the top front teeth as well (you can use a dental mirror if you like-available at most drugstores).



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