

Early Childhood Tooth Decay is Painful!

Pain from early childhood tooth decay can affect children in many ways.

This pain can:

- Make it difficult to eat enough (can affect growth)
- Make it difficult to concentrate and learn
- Make it difficult to sleep
- Affect behaviour



http://www.ada.org/public/topics/decay_childhood.asp



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Protect Your Baby's Beautiful Smile



▶ **6 Months**

Prevent Early Childhood Tooth Decay

▶ **Tooth Tips**

- Brush baby's teeth twice a day
- Brushing before bed is especially important
- Use water to brush instead of toothpaste until baby's 1st birthday
- Use a teething ring instead of teething biscuits
- Avoid putting juice, pop and other sweet drinks in the bottle or sippy cup (use a regular cup)
- Put water in the sippy cup or bottle between meals
- No bottle or sippy cup in bed unless it contains plain water
- Switch from the bottle to the sippy cup at 6 months
- Wean baby off the bottle **and** sippy cup onto a regular cup by 14 months



Brushing Baby's Teeth

- Brush twice a day with water until baby turns a year old
- Use a very small amount of fluoride toothpaste once baby turns one year old
- Adults should brush child's teeth until they turn 8 years old



www.calgaryhealthregion.ca/hecomm/oral/fltoothpaste.htm



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Q & A's

Question:

How can I break my baby's habit of going to bed with a bottle of formula?

Answer:

Water is the only safe liquid for teeth in a naptime or bedtime bottle. Gradually dilute the formula with water until there is only water in the bottle.

Question:

When should my baby see the dentist for the first time?

Answer:

By his or her 1st birthday.



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