

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

Dental Services in Your Community:

Healthy Smile Happy Child Project. Norway House Dental Therapy Program January 2004. Revised September 2011.

Baby Teeth Are Important!

Protect Your Baby's Beautiful Smile



▶ 6 Months

Prevent Early Childhood Tooth Decay

Download copies at:
http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

▶ Tooth Tips

- Brush baby's teeth twice a day
- Brushing before bed is especially important
- 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 your baby's teeth as soon as the first tooth appears
- Brush teeth twice a day, especially before bed
- Children from birth to 3 years of age: ask your dental professional if your child is at risk for tooth decay*
 - *If child is at risk*, use a small amount (the size of a **grain of rice**) of fluoride toothpaste

A **rice grain-sized** amount of toothpaste



Picture derived from: http://www.cda-adc.ca/_files/position_statements/Fluorides-English-2010-06-08.pdf

- Adults should brush child's teeth until they turn 8 years old

* A child may be at risk of early childhood tooth decay if the child: is living in an area with non-fluoridated water, has white chalky areas or cavities, has lots of sugary snacks/drinks between meals, teeth are not brushed daily, or caregiver has tooth decay.

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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