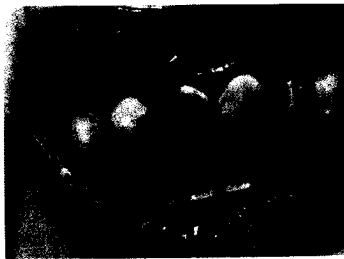
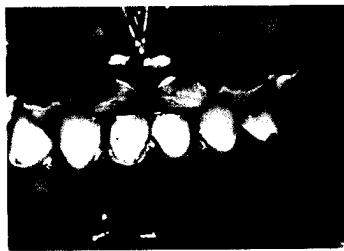


Prevent Early Childhood Tooth Decay

*a Healthy Child has
a Healthy Mouth*



Age 22 months

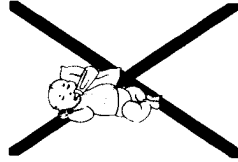


Age 20 months

www.healthunit.com

Prevent

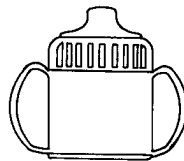
Do Not



DO NOT put your child to bed with a sippy cup. If the child must use a sippy cup, use only water in it.



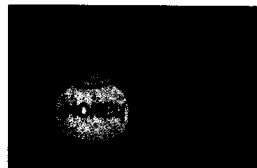
DO NOT allow your child to be a "walker" (walk around with a bottle). The chances of tooth decay increase with the use of bottles and sippy cups containing anything other than water. Bottles should be used OFTEN and for LONG times. Parents should stop using a bottle around 12 months of age. Switch to a cup without a top as soon as possible.



DO NOT use bottles or sippy cups to "quiet" (or pacify) the child. Episodes of "quieting" should occur for a set period of time and not be continuous. Establish regular feeding and snacking times for your infant.

**WATER
ONLY**

Except at meals and designated times, bottles and sippy cups should contain ONLY water.



DO NOT DIP soothers in sugary substances like honey or syrup.

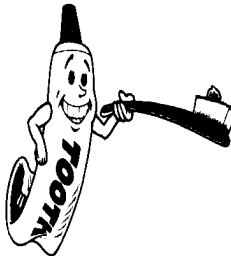
Early Childhood Tooth

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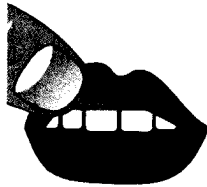


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**DENTAL
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tooth Decay

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A GOOD PARENTAL EXAMPLE for your own mouth cleaning. There is evidence that decay causing bacteria can transfer from a parent's mouth and increase chances of decay.


"BRUSH" the child's teeth regularly as soon as they erupt. Teeth should be cleaned twice daily. It is important that an infant/baby get used to having a toothbrush put in his/her mouth to clean the teeth as early as possible. The parent should help with or do at least one brushing until the child is about 7 years of age.

Use a small, soft toothbrush and water to clean the teeth (hot water will soften the bristles.) Use no fluoride or a non fluoride toothpaste until age 2 and then use a small amount (pea size or smear) of fluoride toothpaste 2 times per day for 2 minutes until age 7.

EXAMINE THE CHILD'S LIP regularly (at least monthly) to check for decay on teeth and gums closely. If you see any white lines, redness, or brown spots along the gum lines, or brown spots on the teeth, see a dentist immediately. *From Calgary Health Region

SEE THE DENTIST EARLY. Children's dental professionals suggest children visit the dentist by one year of age to ensure there are good dental habits and check for decay. Regular dental visits (at least yearly) should be scheduled after that.



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- ◆ Early Childhood Tooth Decay (ECTD) is also known as Baby Bottle Tooth Decay, Nursing Bottle Mouth as well as some other names.
 - ◆ Early Childhood Tooth Decay is seen as cavities especially in the upper front teeth of infants and young children.
 - ◆ The cavities are seen shortly after the teeth erupt, sometimes in children *as young as 9 months*.
 - ◆ Tooth decay progresses rapidly in the first teeth.
 - ◆ Due to the child's age and the extent of the decay, it often requires special and expensive dental treatment.
 - ◆ *It is entirely preventable.* The decay usually results from unhealthy feeding practices by the parent(s). (People use food and drinks, particularly in bottles, to quiet or comfort the child).
 - ◆ All liquids (excluding water but **including** milk, formula, unsweetened juices) contain some sugar. This sugar combines with some bacteria in the mouth to make acid which dissolves the teeth.
 - ◆ The more TIME that a food or liquid (except water) is in contact with teeth (especially teeth that have not been cleaned well) the greater the chances of tooth decay developing.
 - ◆ NB: Breastfeeding does not ensure immunity to tooth decay. Proper mouth cleaning is important for all babies and children.

First (Baby) Teeth are Important



First (Baby) Teeth

- Some first teeth (the molars at the back) stay in until 12 years.
- Are needed for:
 - Eating
 - Talking
 - Looking good
 - Guiding the adult teeth
- Cavities in baby teeth should be fixed as soon as possible.

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