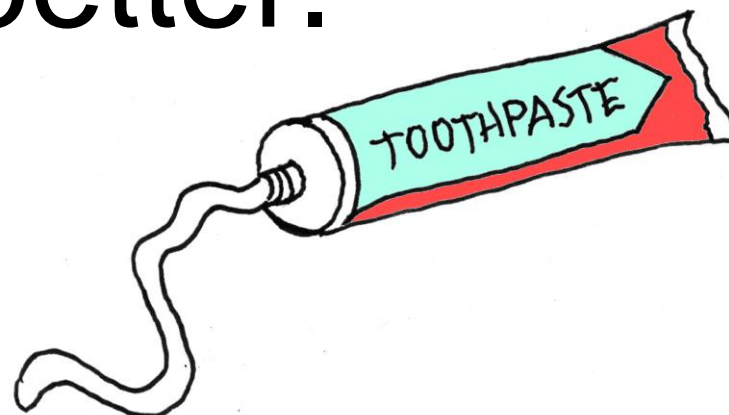




True or False?

If some toothpaste is good,
then more is better.



False

- Children under 4 swallow **almost half** of the toothpaste they use.
- Swallowing too much toothpaste can lead to discoloured adult teeth (called fluorosis).
- The amount of toothpaste to use is:
 - When baby's first tooth comes in and until age 3, use a small smear (size of a grain of rice)
 - From age 3-6 use a pea size amount.





True or False?



8 years old is when
children should start
brushing on their own.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.
Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health
Agency of Canada. Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

True

- From birth to age 8 an adult should help a child with brushing.
- At age 8, most children have the ability to properly brush on their own
- A good sign that your child is ready to brush on their own is when they can tie their own shoes!





True or **False?**



A child should see a
dentist by age 1.



True

Ask about Free First Visit!



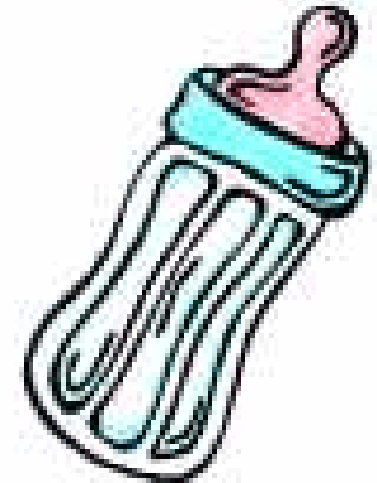
The American Academy of Pediatric Dentistry says:

- The earlier the dental visit, the better the chance of preventing dental problems.
- Children with healthy teeth chew food easily and smile with confidence.

Find out more at the American Academy of Pediatric Dentistry's website:
<http://www.aapd.org/publications/brochures/babycare.asp>

True or False?

Breastfed babies
are held when feeding.
Bottle-fed babies should
be held too.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.
Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health
Agency of Canada. Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

True

- Holding your baby while feeding is necessary for physical and Brain development, and for a healthy mouth too!
- Leaving a baby to bottle feed alone is known to cause tooth decay.
 - Constant and slow sipping keeps sugars in the mouth that create bacteria.
- Avoid propping the bottle. Children who are bottle-fed while lying down can also get ear infections.

(Canadian Pediatric Society (Updated 2009). Found at: www.caringforkids.cps.ca/whensick/EarInfections.htm)



True or **False**?

Parents can check their
child's teeth for signs of
decay.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.
Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health
Agency of Canada. Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

True

- As soon as your baby's first tooth comes in, check at Least once a month for tooth decay.
- **Lift the Lip!**
 - Lift their top and bottom lip and look for white lines or brown spots along the gum line.





True or **False?**

Pregnant women with
gum infections are
more likely to have a
premature baby.



True

- **Untreated gum infection affects mom and baby:**
 - Pregnant mothers with untreated gum infections are 7 times more likely to have an underweight, premature baby.
 - The mother could also lose teeth.
- Pregnant mothers get more gum infections because of pregnancy hormones.
- **To avoid gum infections:**
 - Visit a dentist early on in pregnancy to ensure your gums and teeth are healthy. **Don't forget to tell your dentist you are pregnant.**
 - Brush and floss regularly (at least 2 times per day).





True or **False**?



Baby tooth decay
can be prevented.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.
Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health
Agency of Canada. Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

True

- Although baby tooth decay is the most common infectious disease in children, it **can be prevented** (*Oral Health Journal*, 2008¹).
- You can help avoid this painful disease:
 - Before baby's teeth come in, wipe their gums often with a small damp washcloth.
 - When baby's first tooth comes in and until age 2, use a small smear of toothpaste.
 - From age 3-6 use a pea size amount of toothpaste.
 - Avoid bedtime bottles and propping bottles.
 - Take your baby to see a dentist by age 1.

*Facilitator Tip: Baby tooth decay used to be called nursing caries (cavities) but the name was changed because it gave the impression that breastfeeding causes tooth decay. Baby bottle tooth decay and early childhood caries are other names for baby tooth decay.

¹Anderson, R.D., Cooney, P., & Quiñonez, C. R. (2008). Your Health Care Team, Early Childhood Caries, and Dental Care Policy. *Oral health Journal*. Retrieved January 28, 2011 at: <http://www.oralhealthjournal.com/issues/story.aspx?aid=1000219900>



True or False?

Propping a baby's bottle
can lead to baby tooth
decay.



True

- Avoid propping the bottle, this leads to liquid pooling in the baby's mouth around their gums and teeth.
- This covers the teeth in sweet sugars and can lead to early childhood tooth decay.
- Even a bottle with milk shouldn't be propped because milk contains natural sugars.

*Facilitator Tip:

Discuss and demonstrate what bottle propping is. Propping can also cause ear infections.

(Canadian Pediatric Society (Updated 2009). Found at: www.caringforkids.cps.ca/whensick/EarInfections.htm)



True or **False**?



Babies should be
Weaned off the bottle or
sippy cup at age 1.



True

- Using a regular open cup at age 1 is important for babies' teeth and helps develop muscles around the mouth
- Regular cups keep sugar from coating the mouth, unlike bottles and sippy cups.
- Try not to give sugary beverages. If you do, give small amounts and preferably only at meal times
 - Only ½ cup unsweetened juice per day
 - Don't allow your baby to sip all day
- **Remember:**
 - Brushing often is best, especially after sugary drinks or foods.
 - Help children brush until they turn 8.



True or False?

Juice is better
than pop for
teeth.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.

Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health Agency of Canada. Download copies at: http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

False



- For teeth, juice is **NO** better than pop.
- Unsweetened juice *is* a more nutritious choice but it has **almost the same amount of sugar as pop!** *Unsweetened juice has natural sugar.*
- After 9 months, if you give juice, limit to ½ cup per day.

True or False?

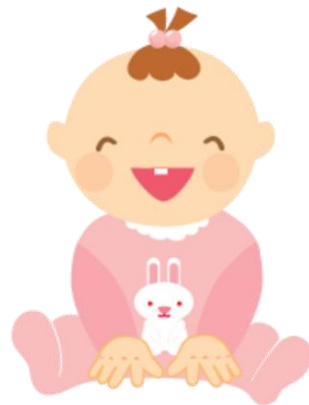
Baby teeth are
not important
because they
fall out anyway.

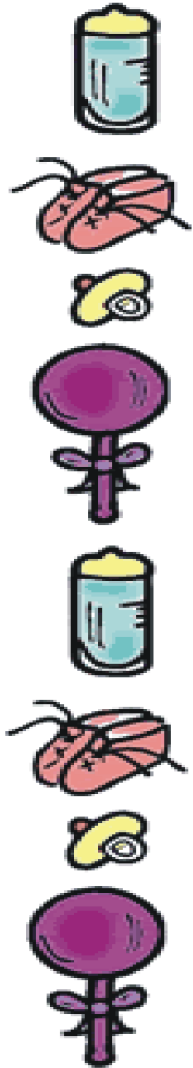


False

Baby teeth are very important for many reasons:

- Learning how to eat
- Learning how to speak
- Confidence
- Helps shape the face
- Guides the adult teeth to the right spots in the mouth!





True or **False?**

It is safe to receive
dental care while
pregnant.



True

It is safe and encouraged to visit your dental team while pregnant! Just let your dental team know you are pregnant.

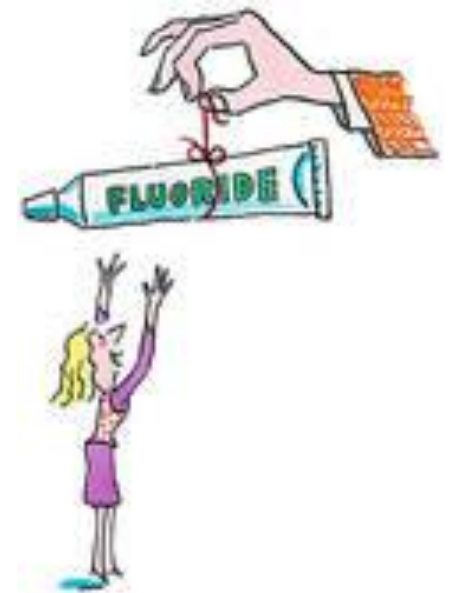
- It is important for your health and baby's health to maintain good oral care throughout pregnancy!
- Routine dental care is safe
- X-rays are safe when necessary





True or **False?**

Fluoride Varnish
treatment is safe
for my child.



True



- Fluoride varnish is a sticky gel that is applied directly onto your child's teeth to help strengthen and prevent decay. Fluoride varnish is a great option for children because it dries right away onto your child's teeth they are less likely to swallow it.



True or False?

A Fluoride Varnish treatment
is the same as a Silver
Diamine Fluoride treatment.

False

- Fluoride Varnish is a sticky gel used to help strengthen teeth and PREVENT tooth decay from starting
- Silver Diamine Fluoride is an antibacterial liquid applied to the teeth and is used to STOP tooth decay that has already started
- Both treatment options are non-invasive and safe!



True or False?

- Fluoride in tap water will lead to fluoride toxicity!



False

- The consumption of fluoridated water provides both systemic fluoride exposure to developing teeth and frequent topical exposure to erupted teeth, promoting remineralization of early caries among persons of all ages.
- It would take drinking 500 litres of water containing 0.7ppm of fluoride in one sitting for a 150 lb person to have an acute toxic effect related to just the fluoride.
- A child under 8 would have to drink 15 glasses of water **DAILY** for prolonged periods to get MILD dental fluorosis

