

Early Childhood Tooth Decay

Tooth pain affects:

Eating
Sleeping
Learning
Behavior

Losing baby teeth too early can also cause problems with:

Chewing food
Speaking
Crooked adult teeth
General health
Self-esteem



Image courtesy of Dr. Robert Schroth

About Us

Healthy Smile Happy Child was **founded in 2000** in response to the high rates of early childhood tooth decay and long wait times for children's dental surgery under general anesthesia

Our goal is to **prevent early childhood tooth decay** and **promote good oral health**

We are guided by three fundamental principles:

- (1) **relationship building and community development**
- (2) **oral health promotion**
- (3) **research and development**

WANT MORE INFORMATION AND RESOURCES?

CONTACT US

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umanitoba.ca/dentistry/healthy-smile-happy-child



Healthy Smile Happy Child



DENTAL HEALTH NEWBORN TO 6 YEARS

Healthy smiles start at home!



2022

Take care of Baby Teeth

Breastfeed if possible.

Never prop a bottle, as this can lead to tooth decay.

If baby needs to go to bed with a bottle, give **plain water** only.

Wean baby off the bottle or sippy cup by **12-14 months**.



Avoid sugary drinks like juice and pop.

Give children **healthy snacks**, like fruits, vegetables, and cheese.

Wipe baby's gums with a **clean, wet cloth** after feeding.

Brush children's teeth **twice a day** as soon as the first tooth appears.

Start **flossing** as soon as two teeth have grown next to each other.

Lift the Lip



Once a month, lift child's top lip to check for signs of **tooth decay along the gumline**

Learn how to **Lift the Lip** with our video on the **Healthy Smile Happy Child YouTube** channel

Take children to see a dental professional by their **first birthday**

STAGES OF DECAY

Chalky white spots



Brown areas, cavities



Severe decay, broken teeth



Images courtesy of Dr. Robert Schroth

Mouth Care

Start cleaning baby's **gums** right after birth with a cloth

Wipe them with a **clean, wet cloth** after each meal

BRUSHING AND TOOTHPASTE

Brush baby's teeth as soon as they come in.

Adults should always put toothpaste on the toothbrush for young children.

Help children brush until they are **8 years old**.

Look for toothpaste that contains **Fluoride**.

Fluoride helps keep teeth strong and helps **prevent tooth decay**.



0-3 years
Rice grain-sized amount



3+ years
Pea-sized amount