

Early Childhood Tooth Decay

TOOTH DECAY CAN AFFECT CHILDREN IN MANY WAYS

- Tooth and mouth pain
- Eating and growth
- Concentration and learning
- Sleeping
- Behavior
- How adult teeth come in



Picture 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 excessive demand and 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**, and (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 AT 6 MONTHS OLD

Healthy smiles start at home



2022

Teething

Babies start teething around **6-10 months** of age



COMMON TEETHING SYMPTOMS

Fussiness or irritability
Trouble sleeping
Loss of appetite
Drooling
Facial rash
Increased biting
Mild temperature

TIPS FOR TEETHING

Give baby a clean, wet, **cool cloth** or **cool teething ring** to bite on.

Avoid liquid-filled teething rings or amber necklaces, as these can be choking hazards.

Avoid teething biscuits - they are full of sugar and can lead to tooth decay.

Image courtesy of the American Dental Association

Tooth Care

To lower baby's risk of getting early childhood tooth decay follow these tips:

Start **brushing** as soon as baby's **first tooth** appears.



0-3 years
Grain of Rice

Use a **rice grain-sized** amount of **Fluoride toothpaste** when brushing.

Brush baby's teeth **twice a day**, especially before bed.

Continue to help children with brushing until they are **8 years old**.



<https://www.wikihow.com/Teach-Kids-to-Brush-Their-Teeth>

Feeding Tips

Breastfeeding will help baby develop a strong jaw and healthy teeth.

If bottle-feeding, offer the bottle **at feeding times only**.

If bottle-feeding, **hold baby** for all feedings. Avoid bottle propping as it can lead to tooth decay.

Introduce an **open, lidless cup** to children at the age of **6 months**.

Avoid giving baby sweet drinks like juice and pop.

Serve only **plain water between meals**.

Avoid putting baby to bed with a bottle or sippy cup unless it contains **plain water**.

Wean baby off the bottle and sippy cup onto a regular cup by **14 months**.

