

Early Childhood Tooth Decay



What is it?

Early Childhood Tooth Decay is tooth decay which affects the teeth of babies, infants and young children. It can cause pain and/or infection, poor appetite, fevers (due to infections), crooked permanent teeth, speech problems and costly dental treatment.

What causes it?

Frequent drinking of sugary liquids such as pop, juice, formula and milk (from a bottle or a cup).

Not brushing teeth everyday.

Cavity causing germs can be passed from mom/caregiver to baby by such activities as kissing, sharing utensils like spoons, or cleaning soothers by "rinsing" them in your mouth.



Germs can be passed from mom's mouth to baby's mouth



Why are healthy baby teeth important?

Eating - food broken down makes digestion easier.

Talking - baby teeth aid in speech.

Smiling - nothing shines like a healthy smile!

Growing Up - baby teeth guide the adult teeth into proper position.

How can I prevent it?

Do not allow your baby to fall asleep with a bottle.

Clean your baby's gums with a clean soft cloth moistened with water.

Don't give your child juice in a bottle and **do not allow constant sipping from a training "sippy" cup!**

Check your child's mouth everyday.

Encourage your child to drink water and eat a variety of fruits and vegetables.

Set a good example - keep *your* teeth clean and healthy!



Remember:

A healthy smile for you and your baby begins with you!

