



NHS
Northern Health Strategy



Mouthcare for your child

(**BIRTH** to **ONE YEAR OLD**)

Babies are not born with the **germs that cause** tooth decay. Usually **these germs are passed to babies early in life** when parents or caregivers:

- ◆ *Chew* or taste their baby's food
- ◆ *Kiss* their baby on the mouth
- ◆ *Put* the baby's soother in their own mouth
- ◆ *Blow* on their baby's food to cool it
- ▶ **Brush and floss your own teeth daily** and get regular dental care. When parents and caregivers' mouths are clean and healthy, fewer germs are passed to the baby.
- ▶ **Clean your baby's gums** after feedings with a clean damp washcloth. When teeth come in they can be cleaned with a soft baby-size toothbrush. Toothpaste is not needed.
 - ◆ Position your baby's head face-up in your lap so you have a clear view and both hands free to clean your baby's mouth.
- ▶ **Liquids** such as juice, milk, formula and even breast milk **can cause tooth decay**, especially when it remains in the mouth for long periods of time. Whether breast or bottle feeding, remove the nipple from the baby as soon as they have finished feeding.
 - ◆ Baby bottles should be used **cautiously**. Use silicone rather than latex nipples. Check nipples and soothers frequently for damage as pieces from ripped or worn nipples can cause choking. If the bottle is going to be used at night or for long periods during the day, fill it with **plain water only**.
 - ◆ It takes **practice** to learn how to drink from a cup. By starting to offer small sips of water or milk from a cup around **six months of age**, your baby will learn to drink from a cup by their first birthday.
- ▶ As soon as the teeth come in they can be painted with **fluoride varnish** to help make them stronger. After the first application, fluoride varnish can be applied every **four months**.



Photo courtesy of Eel Ground First Nations



Photo courtesy of Eel Ground First Nations



Photo courtesy of Burnt Church First Nation

**Don't pass germs to your baby.
Keep your own mouth clean and healthy.
The proper way to brush your teeth!**



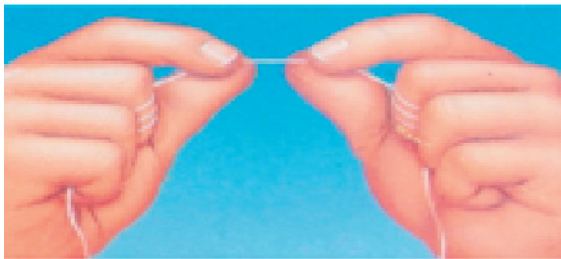
Using a **soft toothbrush**, place the brush on an angle where the gums and teeth meet, wiggle gently back and forth on each tooth.

Brush the:

Inside,
Outside and
Chewing surfaces
of each tooth.



Don't forget to brush
the tongue!



How to floss correctly!

- o Wrap floss around middle finger (use about 15 inches)
- o Guide floss gently between the teeth and under the gums.
- o Move floss up and down.
- o Move to neighbouring teeth.



Mouthcare for your child

(ONE to THREE YEARS OLD)

Prevention is best!

- ▶ **Be a good role model** for your family. Make your own dental health important in order to reduce germs in your own mouth. Your child should see you caring for your own teeth. See your dental professional regularly.
- ▶ **Lift the lip and look!** Check your child's teeth every day. If you see any white or brown spots, or any changes on the gums, call your nearest dental office and book a visit.
- ▶ Baby teeth decay easily and need **daily care**:
 - ◆ Brush your child's teeth for them **every day** to prevent tooth decay.
 - ◆ The back molars will be coming in between one and three years of age. There will be eight baby molars. A **child-size tooth brush** will clean these teeth better than a cloth.
 - ◆ **Toothpaste should not be swallowed.** Wait until your child can spit before starting to use it. If you choose to use fluoride toothpaste at this age, use only a **paper-thin smear** on the brush.
- ▶ Trade the bottle for a cup around the age of one-year old. If a bottle is still used, fill it with **plain water** only.
- ▶ **Offer snack foods that are healthy** and low in sugar.
- ▶ Continue **fluoride varnish** treatment at least twice a year, or more often if decay has already started. Fluoride varnish will make the teeth stronger and less prone to decay. If the decay has already started, fluoride varnish can help **slow down or even stop** tooth decay.



Photo courtesy of Sioux Valley First Nations



Photo courtesy of Eel Ground First Nations



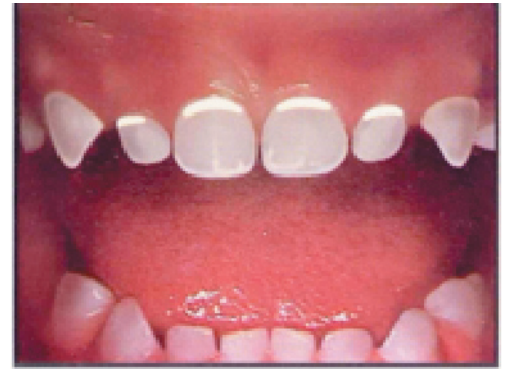
Photo courtesy of Burnt Church First Nation

Stages of Early Childhood Tooth Decay



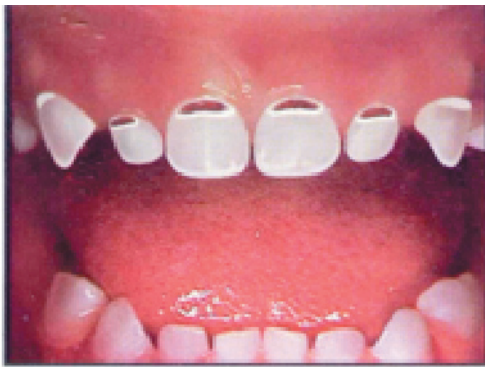
Stage (level) 1

Photo courtesy of Janet Gray



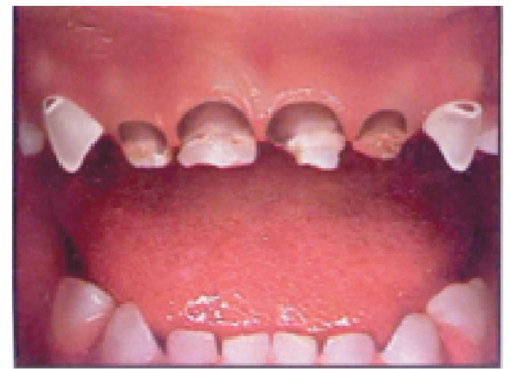
Stage (level) 2

Photo courtesy of Janet Gray



Stage (level) 3

Photo courtesy of Janet Gray



Stage (level) 4

Photo courtesy of Janet Gray

Mouthcare for your child

(THREE to SIX YEARS OLD)

Your child now has **all 20** of their baby teeth. These teeth are just as important as their adult teeth. They help your child to **chew and speak**. The baby teeth are also needed to hold space for and to **guide** permanent teeth into place. The front eight baby teeth will start falling out around five years old but the remaining 12 back teeth will stay with them until they are 10-13 years old. **It is important to keep all teeth (baby and adult) healthy.**

- ▶ **Brush and floss** your child's teeth for them **at least once a day**. Let them practice brushing and spitting, but supervise and assist their brushing. Continue to use just a paper thin **smear** of fluoride toothpaste on the toothbrush.
- ▶ Be a **good role model** for your child; let them watch you brush and floss your own teeth.
- ▶ Offer foods that are **low in sugar** and high in vitamins and minerals. Avoid sweet or starchy snacks between meals. Serve fruit instead of fruit juice whenever possible. When your child is thirsty, offer water.
- ▶ **Protect the permanent molars with sealant**. The first permanent molars are coming in around six-years old. **Sealants**, which are plastic coatings painted on the chewing surface of a tooth, will help prevent tooth decay.
- ▶ **Protect** your child from injury: Do not allow your child to run with anything in their mouth. Always use a **seatbelt** in the car, as even a minor crash can injure your child's teeth. Sporting equipment such as bike and sport **helmets** and **mouthguards** will help prevent mouth injuries.
- ▶ **Fluoride Varnish** helps make the outside surface of the teeth stronger and less likely to decay. If decay has already started, fluoride varnish applied to the tooth may stop or slow-down the rate of decay.



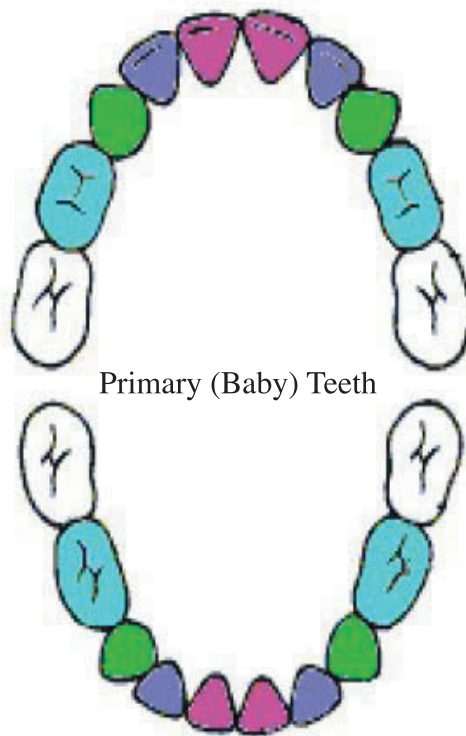
Photo courtesy of Winnipeg Health Authority



Photo courtesy of Burnt Church First Nation

Take your child to the dental office at least once a year for regular check-ups and fluoride treatment. Have any tooth decay treated. The whole family can benefit from regular dental care.

Primary (Baby) Teeth



UPPER TEETH		Come in	Fall Out
Central Incisor		8-12 mo	6-7 yr
Lateral Incisor		9-13 mo	7-8 yr
Canine (Cuspid)		16-22 mo	10-12 yr
First Molar		13-19 mo	9-11 yr
Second Molar		25-33 mo	10-12 yr

LOWER TEETH		Come in	Fall Out
Second Molar		23-31 mo	10-12 yr
First Molar		14-18 mo	9-11 yr
Canine (Cuspid)		17-23 mo	9-12 yr
Lateral Incisor		10-16 mo	7-8 yr
Central Incisor		6-10 mo	6-7 yr

Photo courtesy of Robyn Keller, California DHS

Healthy Teeth!

Primary (Baby) Teeth



Photo courtesy of Robyn Keller, California DHS

Permanent (Adult) Teeth



Photo courtesy of Robyn Keller, California DHS