



Healthy Smile Happy Child



What is Early Childhood Tooth Decay (or ECTD)?

- Tooth decay involving at least one baby tooth in children under 6 years
- Caused by bacteria that are passed on to baby
- If left untreated, tooth decay can lead to infections and can affect eating, sleeping, and learning
- Tooth decay is painful but preventable
- ECTD is the most common chronic disease in young children
- Manitoba data suggests that ECTD may affect at least 50% of children

Tips to keep your child's smile shining bright



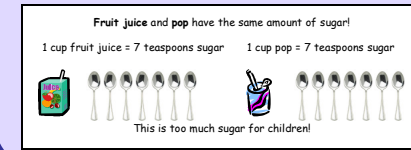
Wipe newborn gums with a soft, clean cloth daily



Lift the top lip to look for tooth decay every month

Did You Know?

- Tooth decay is 5 times more common than asthma in children
- Baby teeth are important because they help with eating, speaking and shaping the face
- In Manitoba, approximately 2000 children go under general anaesthetic for dental surgery every year while hundreds more are placed on a waiting list.



Celebrate your child's first birthday with a trip to the dentist



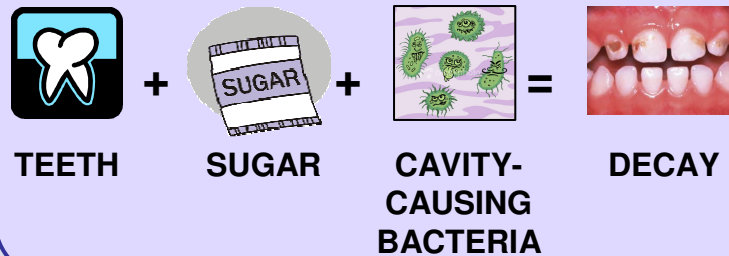
Breast feeding is best. It helps babies develop a strong jaw and healthy teeth



When pregnant, eat foods high in calcium and vitamin D to build strong baby teeth



Caregivers can pass on cavity-causing bacteria to children. Avoid this by using water to clean baby's soother instead of your mouth



For more tips on how to prevent ECTD talk to your nurse, doctor, or dental professional



Start brushing your baby's first tooth with a soft toothbrush and water



Wean children off a bottle to a regular cup or lidless sippy cup by 12-14 months



Avoid the pain and infections cavities can cause – everyone in your family should visit a dental professional at least once a year



Teach and help your child with brushing teeth until 8 years old