



Early Oral Health

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Plaque



- White, sticky film of bacteria that forms on our teeth and along gum line
- BACTERIA+ SUGARS = ACID ATTACK ON ENAMEL
- If not removed within 24 hrs., it hardens and becomes tartar (cement-like substance)
- Frequency of eating/drinking
- Frequency of brushing/flossing

Food

- Set amount of time to eat vs. snacking over a long period of time
- Balanced diet
- Hard cheese
- Crunchy fruits and vegetables
- Natural/refined sugars = same
- Limit sticky, sweet snacks like fruit leather or raisins to mealtimes
- You don't have to avoid treats and sugary foods, just clean baby's teeth afterward.

- Offer the above foods ONLY when baby is ABLE TO CHEW these foods!

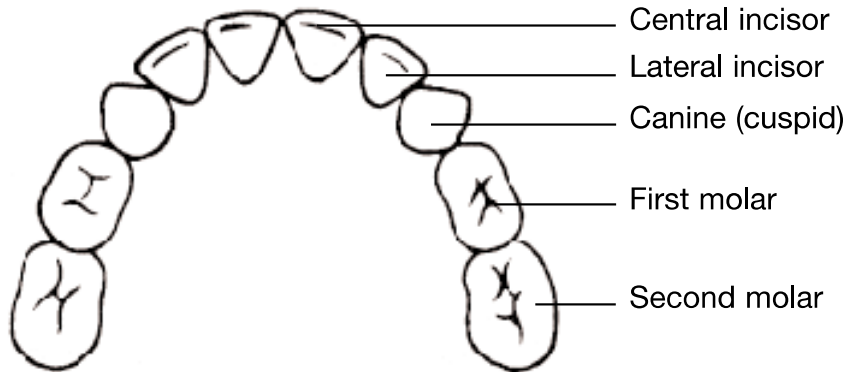


Drink

- Milk and juice (limit to mealtimes)
- Water is best to have between meals
- Teach baby to use a regular cup for juice and milk, instead of a sippy cup
- Try to limit bottle use by 12 months
- Never put a baby to bed with a bottle



PRIMARY TEETH



Upper Teeth

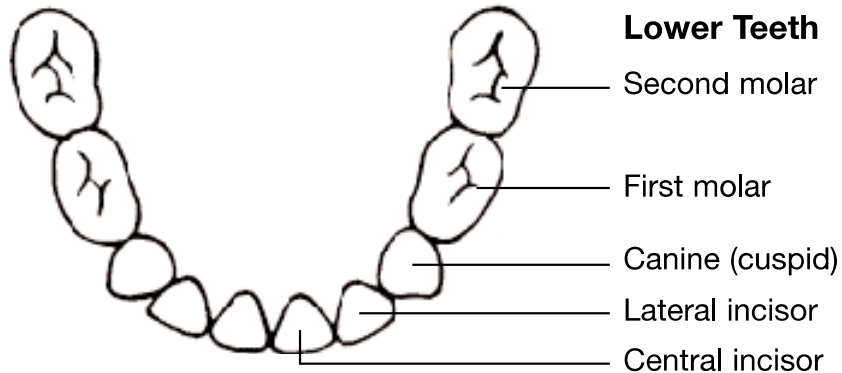
Central incisor
Lateral incisor
Canine (cuspid)
First molar
Second molar

Erupt

8-12 mos.
9-13 mos.
16-22 mos.
13-19 mos.
25-33 mos.

Shed

6-7 yrs.
7-8 yrs.
10-12 yrs.
9-11 yrs.
10-12 yrs.



Lower Teeth

Second molar
First molar
Canine (cuspid)
Lateral incisor
Central incisor

Erupt

23-31 mos.
14-18 mos.
17-23 mos.
10-16 mos.
6-10 mos.

Shed

10-12 yrs.
9-11 yrs.
9-12 yrs.
7-8 yrs.
6-7 yrs.

Eruption Chart for Primary (Baby) Teeth

Remember....these are only approximate times. Every child is different!
Your child's teeth will come in when they are ready! :o)

Teething Tips

- Teething rings or toys
- Massage gums
- Wet or frozen washcloth
- Cold water to drink
- Cold/cool foods (yogurt, applesauce, freezies)
- Avoid medicinal gels (can numb tongue and throat)



Brushing



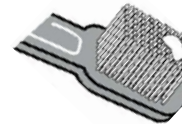
When?

- Twice a day (morning & night)
- As soon as first tooth appears, brush it!
- Floss once a day, before brushing

How?

- Wipe gums with wet washcloth
- Small, gentle circles
- Angle tips of bristles to where the teeth meet the gums
- Brush every surface of every tooth
- Use a soft baby toothbrush with rounded bristles

CHILDREN AND TOOTHPASTE



A

**first dental check
by
first birthday**



Your child's first dental visit helps determine:

- the risk for developing tooth decay
- the benefit from fluoridated toothpaste

B

Birth to 3 yrs old

Children not at risk for tooth decay should have their teeth brushed by an adult using only a wet toothbrush
(for infants before teeth erupt: wipe gum pads with a clean, soft cloth after feedings)

Children determined to be at risk for developing tooth decay should have their teeth brushed by an adult using fluoridated toothpaste the size of a **grain of rice**

C

3 to 8 yrs old

Children should be assisted by an adult with brushing their teeth using fluoridated toothpaste the size of a **green pea**

Brush
twice
every
day

See
your
dentist
regularly

Floss
every
day



Teach your children to spit out after brushing.

For more information contact your Dental Public Health Program

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First Dental Visit

- By the time baby is one year old
- Bring baby to your own dental appointment (just for a “meet and greet”)
- Practice at home, before baby’s appointment (looking in baby’s mouth, “counting” teeth)
- Be positive! Make it fun!



MI Paste

INFANTS, CHILDREN, SPECIAL NEEDS PATIENTS



Babies

Newly erupted teeth have yet to complete their enamel maturation and until this occurs they are more vulnerable to acid attack. Boosting of calcium and phosphate in the saliva helps protect your infant's teeth when they have just erupted and are vulnerable. MI Paste™ provides these and also helps prevent mineral loss. MI Paste™ is derived from cow's milk and is ideal for protecting baby teeth.

Children

MI Paste™ contains **no** fluoride, and is ideal for protecting the teeth of children under age six. As soon as all the teeth are fully erupted, there are many choices to keep them protected from acid attack, such as sealants like GC Fuji TRIAGE®. Starting early means healthy teeth and a healthy lifestyle for the future.

Special Needs Patients

Special needs patients with physical and/or mental impairment may not be able to clean their teeth and keep their mouths healthy. Caregivers can also have difficulty adequately cleaning the teeth of a special needs patient. MI Paste™ can help protect the teeth by supplying the minerals, calcium and phosphate, and helping to prevent their loss from teeth.

MI Paste™

- Helps strengthen tooth enamel
- Helps restore minerals (calcium and phosphate) that keep teeth healthy
- Helps boost calcium and phosphate to keep teeth healthy
- Helps improve saliva flow



MI Paste™ does **not** contain fluoride.

GC
MI Paste™
MI Paste Plus™
SKU #690509

MI Paste



BABIES/CHILDREN MI Paste™ does **not** contain fluoride and is especially useful for infants under the age of 2, as fluoride toothpaste should not be used at this young age. MI Paste™ is a safe product to use for babies' teeth, and children like the taste.

SPECIAL NEEDS MI Paste™ helps protect the teeth in special needs patients, or those who have a disability that impacts the ability to keep teeth clean and healthy. MI Paste™ provide minerals to help prevent tooth decay and help replace calcium and phosphate that have been lost from the tooth.



Easy At-Home Application

MI Paste Plus™ is recommended for patients age six and older.

Use regular MI Paste™ for patients under the age of six and for expectant mothers.



Squeeze a small amount onto finger.



Apply to teeth using finger to spread over all tooth surfaces.



Leave for at least 3-5 minutes. Expectorate (spit) but do not rinse. Leave the excess to slowly dissolve.

How Often	Twice a day.
When	In the morning and evening. <i>Night time is the right time!</i>
How Long	As needed and recommended by your dental professional.
How	Finger application.
Other	Regular use of MI Paste™ will help maintain a healthy oral environment.

GC
MI Paste™
MI Paste Plus™

Ask your dental professional today how MI Paste™ and MI Paste Plus™ can help you!

Learn more at www.mipaste.com
or www.gcamerica.com or call
800.323.7063

Pacifiers



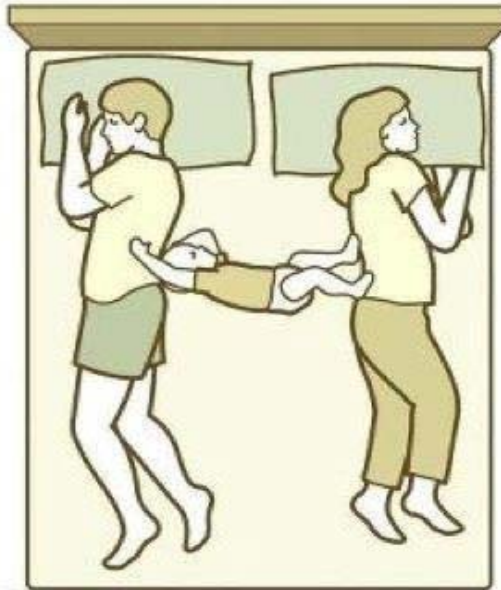
- Help increase saliva flow
- Possibly reduce the chance of SIDS
- Can help prevent thumb-sucking
- Never coat a pacifier in anything sweet
- Should be cleaned and replaced regularly
- Should not be used beyond age 3

Baby Sleep Positions:
"Booby Trap"



DAD howtobeada.com

Baby Sleep Positions:
"H Is for Hell"



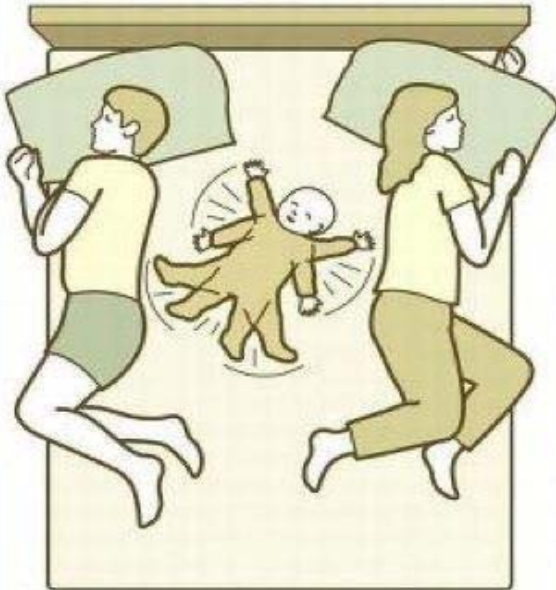
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Baby Sleep Positions:
"The Stalker"



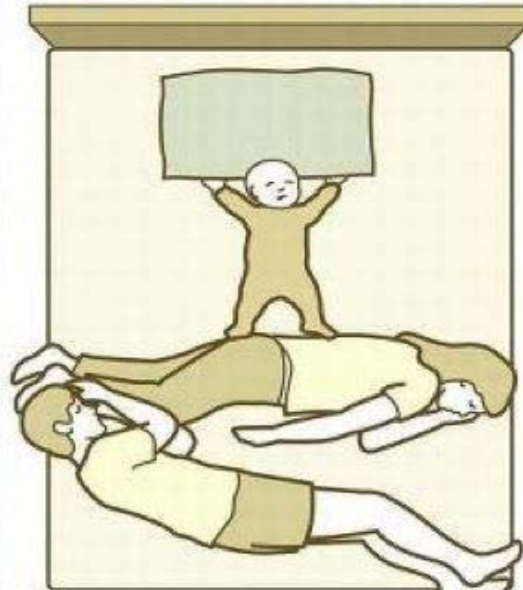
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Baby Sleep Positions:
"Snow Angels"



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Baby Sleep Positions:
"Donkey Kong"



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Baby Sleep Positions:
"Jazz Hands"



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Sources

- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/cleaning.asp (Canadian Dental Association - care of children's teeth)
- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/nutrition.asp (Canadian Dental Association – nutrition for children)
- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/development.asp (Canadian Dental Association – dental development - tooth eruption charts)
- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/tooth_decay.asp (Canadian Dental Association – early childhood tooth decay)
- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/first_visit.asp (Canadian Dental Association – your child's first visit)
- http://www.cda-adc.ca/en/oral_health/cfyt/dental_care_children/pacifiers.asp (Canadian Dental Association – pacifiers and thumb sucking)
- <http://www.howtobeadad.com> (Baby Sleep Positions picture)
- <http://www.sids-network.org/risk.htm> (Pacifier use and SIDS prevention)
- Microsoft Clip Art (pictures)
- <http://www.mi-paste.com> (MI Paste – Info sheets)