

Patient Care Services

DENTAL HEALTH FOR CHILDREN



**What Do I Need to
Know
as a Parent ?**

Importance Of Oral Health

Children often learn habits for life during their toddler and preschool years. One important habit that young children should learn is regular tooth brushing. Good Oral health has lifelong benefits, and the key to good oral health is prevention. Proper tooth brushing combined with regular visits to the dentist can help prevent dental caries (cavities) and other oral diseases.

Dental Checkup

Are Baby Teeth Really that Important to My Child?

Primary, or “baby” teeth are important for many reasons. Not only do they help children speak clearly and chew naturally, they also aid in forming path a that permanent teeth can follow when they are ready to erupt.

When Should My Child First See a Dentist?

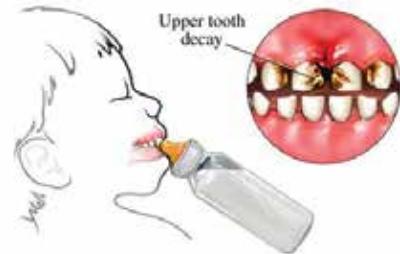
“First visit by first birthday” sums it up. Your child should visit a dentist when the first tooth comes in, usually between six and twelve months of age. Early examination and preventive care will protect your child’s smile now and in the future. A check-up every six months is recommended in order to prevent cavities and other dental problems.

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Bottle Feeding

What Is “Baby – Bottle” Tooth Decay?

Babies who go to bed with a bottle of milk, formula or juice are more likely to get tooth decay. Because the sugar in formula, milk or juice stays in contact with the teeth for a long time during the night, the teeth can decay quickly.



Here are some tips to avoid baby – bottle decay:

- After each feeding, wipe the baby’s gums with a clean ,damp washcloth or gauze pad
- Begin brushing the child’s teeth when the first tooth appears. Clean and massage gums in areas that remain toothless, and begin flossing when all the baby teeth have come in
- Never allow your child to fall asleep with a bottle filled with juice, milk, or formula (or when awake, sip on it for long periods of time as a pacifier)
- Stop nursing when your child is asleep or has stopped sucking on the bottle
- Start to teach your child to drink from a cup at about 6 months of age. Plan to stop using a bottle by 12 to 14 months at the latest
- Don’t dip your child’s pacifier in honey, sugar or juice

What Should I Use to Clean My Baby's Teeth?

Toothbrush will remove plaque bacteria that can lead to decay. Any soft-bristled toothbrush with a small head, preferably one designed specially for infants, should be used at least once a day at bedtime.



What are the Proper Tooth Brushing Techniques?

There are many tooth brushing techniques. We recommend the following steps:

- 1-Place the head of the toothbrush with the tips of the bristles at an angle to gum line
- 2-Move the brush in small scrubbing motions gently. Work on two or three teeth only at one time
- 3-Develop a regular systematic pattern to clean the outer, inner and chewing surfaces of all the upper and lower teeth
- 4- Brush your tongue to remove bacteria and freshen your breath



Toothbrush

The Best toothbrush for You :

- Soft toothbrush
 - Rounded end of bristles to avoid damaging the gums
 - Head size and design that feel comfortable in mouth, allows reaching comfortable to the back teeth & cleaning the spaces between the teeth
 - Anatomic grip to help make correct the tooth brushing moves
- Nylon bristles (natural bristles wear out easier and allow the growth of bacteria)

When to Change Your Toothbrush

- Immediately after the bristle start to loose their natural position on the head of the toothbrush
- After a cold Or flue
- Every 3-4 months, although children toothbrushes have to be changed more often since they wear out easier



How to Store Your Toothbrush?

- Wash and rinse well
- Store it in upright position in a well ventilated area to help drying
- Do not cover the toothbrush head or put it in a closet, at least not before it dries completely
- The moisture that remains on the toothbrush may help the growth of bacteria



What is Fluoride?

Fluoride helps make teeth strong and prevents tooth decay. If the water where you live does not have enough fluoride (the optimal levels of 0.7-1.2 ppm), your doctor may prescribe fluoride supplements (fluoride drops or pills).

You would give these drops or pills everyday, starting when your child is 6 months old. Only give as much as the directions say to use, because too much fluoride can cause spots on your child's teeth. Children should take these drops or pills until they are 12 to 16 years old.



When Should We Begin Using Fluoridated Toothpaste & How Much Should We Use?

Fluoridated toothpaste should be introduced when a child is 2-3 years of age. Prior to that, parents should clean the child's teeth with water and a soft-bristled toothbrush. When toothpaste is used after age 2-3, parents should supervise brushing and make sure the child uses no more than a pea-sized amount on the brush. Children should spit out and not swallow excess toothpaste after brushing.



Some Tips on How to Choose Toothpaste for Children

- The Fluoride concentration must not exceed 1000ppm
- Have a pleasant taste
- Not to contain sugar
- Have a pleasant and amusing appearance



Flossing

Why to Use Dental Floss?

- Decreases risk of gum disease
- Better breath
- Removes plaque in between teeth
- Polishes tooth surfaces

How to Use Dental Floss?

- 1-Wind 45-50 cm of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 3 cm length in between. Use thumbs to direct floss between upper teeth
- 2-Keep few cm of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth
- 3-Gently guide floss between the teeth by using a zig-zag motion
DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Contour floss around the side of the tooth
- 4-Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss



General Tips for Oral Care

When should I start cleaning my baby's teeth?

The sooner the better! Starting at birth, clean your child's gums with a soft infant toothbrush and water. Remember that most small children do not have the dexterity to brush their teeth effectively.



Dental Healthy Tips

What are some tips for daily oral care?

- Beware of frequent snacking
- Brush effectively twice a day with a fluoride toothpaste
- Floss once a day
- Have fissure sealants applied appropriately (this sealant acts as a barrier, protecting the decay prone areas of the teeth from plaque germs)
- Seek regular dental check-ups
- Assure proper fluoride through drinking water, fluoride products or fluoride supplements



How Do I Make My Child's Diet Safe For His Teeth?

Make sure your child has a balanced diet, including one serving each of: fruits and vegetables, breads and cereals, milk and dairy products, and meat, fish and eggs. Limiting the servings of sugars and starches will also aid in protecting your child's teeth from decay.



Here Are Nutrition Tips for Better Oral Health

- 1-Provide a balanced diet, and save foods with sugar or starch for mealtimes. Limit the number of snack times
- 2-Shop smart! Do not routinely stock your pantry with sugary or starchy snacks. Buy "fun foods" just for special times
- 3-Don't put your young child to bed with a bottle of milk, formula, or juice
- 4-Avoid too much fruit juice, beverages, sodas, etc. and if given, choose those without sugar



- 5-Avoid carbohydrates such as candy, pretzels and chips, which can remain on the tooth surface. If sticky foods are eaten, brush your teeth soon afterwards



Emergency

What should I do if my child has a toothache?

First, rinse the irritated area with warm salt water and place a cold compress on the face if it is swollen. Give the child pain reliever, if not constrained by other medical condition, rather than placing aspirin on the teeth or gums. Finally, see a dentist as soon as possible.

What should I do if my child falls and knocks out a permanent tooth?

The most important thing to do is to remain calm. Then find the tooth. Hold it by the crown rather than the root and try to reinsert it in the socket. If that is not possible, put the tooth in a glass of milk and take your child and the glass immediately to the dentist.





Dental Clinic welcomes you

