

# Infant Oral Health



# During Pregnancy

- Brush teeth with fluoridated toothpaste twice a day and floss once a day
- If you can't brush because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride. If you vomit, rinse your mouth with water
- Limit foods containing sugar to mealtimes only
- Drink water or low-fat milk. Try to avoid fruit juice, sports drinks, and pop or soda
- Choose fruit rather than fruit juice to meet recommended daily intake of fruit
- Obtain necessary oral treatment before delivery (between 14<sup>th</sup> and 20<sup>th</sup> week is best)
- Look for products (like chewing gum or mints) that are sugar-free or contain xylitol



# Early Childhood Tooth Decay

- Most common childhood disease
  - Risk factors:
    - Children with special care needs
    - Children of mothers with high decay rate
    - Children with visible buildup on teeth, decay, demineralization or staining
    - Children who sleep with a bottle or are breastfeed through the night
    - Late order offspring
    - Low socioeconomic status
- 40% of American children have cavities by age 6
- A recent report from the CDC found a 15.2% increase in cavities among two- to five-year olds



# Early Tooth Decay

- Bacterial infection that can be transmitted from the parents/caregivers to the child
- Biggest risk factor for early tooth decay is the presence of decay in the parents/caregivers mouth
- Can be passed by sharing spoons or cleaning a pacifier with your own saliva



# Why baby teeth are so important

- Infection in baby teeth can pass and affect permanent teeth
- Helps with speech
- They hold space for the permanent teeth
- Eating
- Esthetics/Self-Confidence

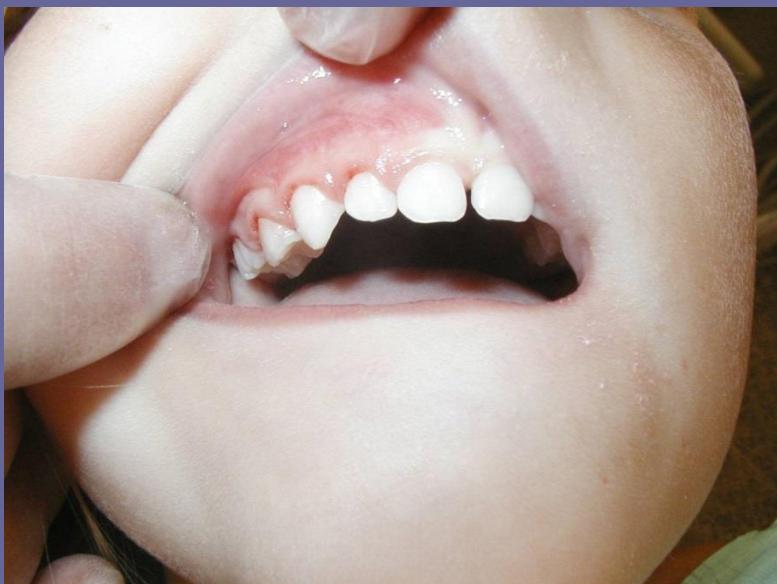


# Caring for Baby Teeth

- Decay can begin as soon as the first tooth erupts. It is important to begin cleaning the baby's mouth and teeth several times a day, especially after feeding and before sleep
- Use a soft-cloth or a toothbrush with soft bristles and a small head designed for babies



# Caring for Baby Teeth



- Parents must clean their baby's teeth from the point of when the first tooth erupts until the child can tie his or her own shoelaces.
- The child should be encouraged to brush their teeth as soon as they can hold a toothbrush, but parents should supervise, help, encourage, and complete the brushing, especially at nighttime
- Flossing should begin as soon as the child's teeth contact one another

# Teething

- Signs and Symptoms
  - Drooling (can start approx. 2 months before the first tooth appears)
  - Irritability
  - Swollen gums
  - Chewing on solid objects
  - Crankiness
  - Trouble sleeping
  - Loss of appetite



# Teething

- What to do
  - Rub gums
  - Teething rings
  - Dry drool to prevent drying of skin
  - Over-the-counter products, but not aspirin



# Eruption Patterns

## PRIMARY/BABY TEETH

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

Erupt	Shed
8-12 mos.	6-7 yrs.
9-13 mos.	7-8 yrs.
16-22 mos.	10-12 yrs.
13-19 mos.	9-12 yrs.
25-33 mos.	10-12 yrs.

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

Erupt	Shed
23-31 mos.	10-12 yrs.
14-18 mos.	9-11 yrs.
17-23 mos.	9-12 yrs.
10-16 mos.	7-8 yrs.
6-10 mos.	6-7 yrs.

# Pacifier Use and Thumbsucking

- Thumb sucking is normal for infants, most stop by age 2
- Should be discouraged after age 4 and especially after the permanent teeth begin to come in the mouth at around age 6
- Prolonged thumbsucking or pacifier use can create crowded, crooked teeth, or bite problems





# Diet



- Bacteria cause decay by breaking down sugars in the baby's diet
- Any food or drink with sugar can be a potential problem, including juices, sodas, sports drinks, formula and milk
- Another common form of sugar is cooked starch, like white flour in crackers, cereal, chips, cheese puffs, and junk foods in general



# Diet

- Sippy cups should only be used for water
- Children should only drink fruit juices with a meal and should not exceed 1 cup per day
- Do not put your baby to bed with a bottle filled with sugary beverages. If they must have a bottle for bed, use water
- At-will nighttime breastfeeding should be avoided after the first baby tooth begins to erupt
- Children should be weaned from the bottle at 12-14 months of age
- Never dip a baby's pacifier in honey or sugar water
- Children who primarily drink bottled water may not be getting enough fluoride



# What to look for in your child's teeth

- A white spot on your baby's tooth may be the first sign of a cavity
- Often starts on upper front teeth at the gumline
- If caught early enough, the dentist may be able to apply a concentrated fluoride to stop the progression of the infection
- Brown spots may indicate a more advanced infection



# Infant Oral Health Exam

- New guidelines show that infants should see a dentist 6 months after the first tooth erupts or by 12 months of age to establish a “dental home”
- This dental “well-baby exam” will provide an opportunity to implement preventative dental health habits that meet each child’s unique needs and keep the child free from dental or oral disease
- Studies show that dental costs for children who have their first dental visit before age one are 40% lower in the first five years than those who do not see a dentist prior to their first birthday

# Infant Oral Health Exam

- A large part of this exam consists of discussing diet, oral hygiene instructions, and proper care for your baby's teeth
- Proper oral and facial development will also be checked
- A knee-to-knee exam will be performed to examine your child's teeth and mouth and a fluoride application if necessary
- Dental cleanings will typically begin around the age of 3



# Trauma to the child's teeth

- Baby Teeth
  - Injury to the mouth and baby teeth most often occurs between age 2 to 3 when your child's motor coordination for running and jumping is really starting to develop
  - If a baby tooth is knocked out, DO NOT put it back into the socket - this is to avoid injuring the permanent tooth bud underneath
  - If the tooth is bent or pushed into the gum, have a dentist check the tooth



# Who can see your baby



- General Dentist – call the office to see if they accept children under the age of 3
- Pediatric Dentist – dentist who specializes in children

# Questions?

Oshtemo Family Dentistry

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