

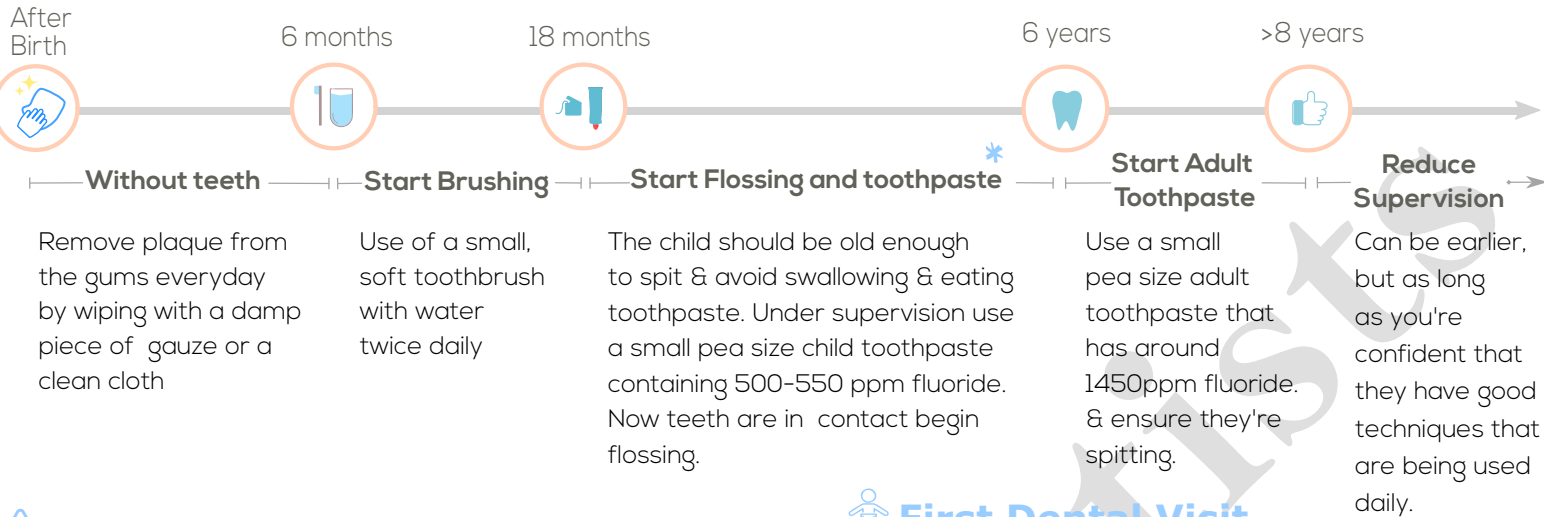


# My Child's Teeth

## Dental Care

### Happy Dentists

#### Dental Care timeline



#### Problems with too much fluoride

If the child swallows the toothpaste at a young age, there is a chance that this may cause brown mottling spots on their permanent (Adult) teeth. That is why it is recommended to use low dose fluoride, under supervision & wait until older enough to spit. That way you get the benefit of fluoride with a reduced risk.

#### Baby Bottle Tooth Decay

Baby tooth structure is softer & weaker than permanent teeth therefore are prone to decay.

It is important to avoid snacking throughout the day, instead limit sweet drinks and food to meal times. Do not let the child fall asleep while sucking on a bottle especially if sweetened. If they need a bottle to sleep, use plain water only. Do not add honey or sugar. Try to stop this bottle habit by 12 months of age. Infant formula, milk, fruit juice and other sweet liquids can be harmful in infants that retain the liquids in their mouth for long periods (pooling).

 Do NOT: add sugar to drinks or food, dip a dummy in honey, treacle or syrups

#### Mouthguards

Accidental injury to teeth is the 2nd most common cause of tooth loss & damage after decay. As a result, if your child plays sport it is recommended to invest in a mouthguard. Custom made by the dentist tend to be more effective and comfortable than pre-made ones from sporting stores.

\* These are guidelines and may be changed by the dentist depending on the patients situation

#### First Dental Visit

You want to bring your child in around 12-18 months, to get a check if everything is normal & to allow the child to get used to the dentist. This can be done earlier if you have concerns about the child's teeth.


#### Thumb sucking

Thumb &/or finger sucking is normal in babies & small children.

It can start to be a problem when permanent teeth start to erupt around the age of six as it can lead to misalignment of the teeth.

If a child has not stopped by then it is recommended you gently encourage them to end the habit.

If this does not work, ask your dentist about positive methods that can assist with stopping the habit.

 A well-made dummy is a good idea, as it is less likely to lead to orthodontic problems. Due to its removability from the child.

#### Sealants

Are plastic protective covers for teeth. They are like applying nail polish to the tooth. It fills in the grooves & deep pits that may be difficult to clean by the child at this time & therefore reduces the chances of decay. It is a preventive measure commonly used in permanent (adult) teeth and may be recommended by the dentist. Not everyone needs it, as it depends on the tooth & the patients situation. he child's teeth.