The Proper Way to Care for Children's Oral Health Care Needs

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THE PROPER WAY TO CARE FOR CHILDREN'S ORAL HEALTH CARE NEEDS

BY: SKYE LEWIS
THERE ARE (3) IMPORTANT WAYS TO TAKE CARE OF CHILDREN’S TEETH!

1. Eating healthy
2. Brushing 2 x everyday for 2 minutes & flossing 1 x everyday.
3. Going to visit the Dental Hygienist and Dentist every 6 months. Once your child receives their first tooth they should go to their first dental visit.
Baby Oral Health Checklist

- Clean your baby’s mouth daily even before teeth erupt
- As teeth erupt, begin brushing with a ‘smear’ of toothpaste for children less than 2 years of age or a ‘pea-size’ amount of toothpaste for children 2-5 years of age
- Wean your child from the bottle by his/her first birthday
- Consult your pediatric dentist to ensure your baby is getting enough fluoride
- Have your child’s first dental visit within 6 months of eruption of the first tooth and no later than 1 year of age
BABIES - 12 MONTHS OF AGE

Only water should go in sippy cups!!!!

Baby bottle tooth decay is caused by the frequent and long-term exposure of a child's teeth to liquids containing sugars. Among these liquids are milk, formula, fruit juice, sodas, and other sweetened drinks. The sugars in these liquids pool around the infant's teeth and gums, feeding the bacteria that cause plaque. Every time a child consumes a sugary liquid, acid attacks the teeth and gums. After numerous attacks, tooth decay can begin.

WHAT'S IN YOUR CUP?

Normal Teeth

Mild Teeth

Moderate Teeth
How to Choose Healthy

Don’t Eat This!
- Full of Sugar
- Low in Fiber
- Lots of Fat
- Oily!

Eat This!
- Full of Vitamins
- Full of Fiber
- Helps You Grow
- Calcium for Your Bones
- Fat Free Milk
- Whole Grain Bread
- Oatmeal

Your hand can help you measure the right amount of food to eat.

Note to adults preparing meals for children: use your child’s hand to measure portion sizes.
DID YOU KNOW THAT THERE IS A RIGHT & WRONG WAY TO BRUSH YOUR TEETH?

• You do NOT want to make a side to side scrubbing motion!

• You want to make small circular motions when brushing your child's teeth.

Please click the links below to see how to properly brush your child's teeth!

https://www.youtube.com/watch?v=1kZ4vM0g60o

https://www.youtube.com/watch?v=hDZXSMU2lAk

https://www.youtube.com/watch?v=CatGYW_ysSo
The size of toothpaste you should use on your child’s toothbrush is very important!

- **Babies** (0-1 year): Use a clean cloth and water to wipe their gums to clean their mouth.
- **Kids 1-2**: Should use a smear layer as soon as your child’s first tooth grows in from the gums.
- **Kids ages 3 and up**: Should use only a pea-sized amount of fluoride toothpaste.
- **Around age 2**: Your child should learn to spit while brushing. Avoid giving your child water to swish and spit because this might make swallowing toothpaste more likely.
- **Always supervise kids younger than 6 while brushing**, as they are more likely to swallow toothpaste!
HOW TO PROPERLY FLOSS YOUR CHILD'S TEETH

- You should floss your child's teeth with floss picks 1x everyday.

  Preferably at night before bed so that there are hours without eating.

- Please click the link below to see how to properly floss your child's teeth!

  https://www.youtube.com/watch?v=MrKhr2Y6OTM
Children should start going to the dentist as soon as their first tooth erupts.

Children should go to visit the dental hygienist and dentist every 6 months to maintain regular oral health care.

Here are some popular dental visit books you can read with your child.