

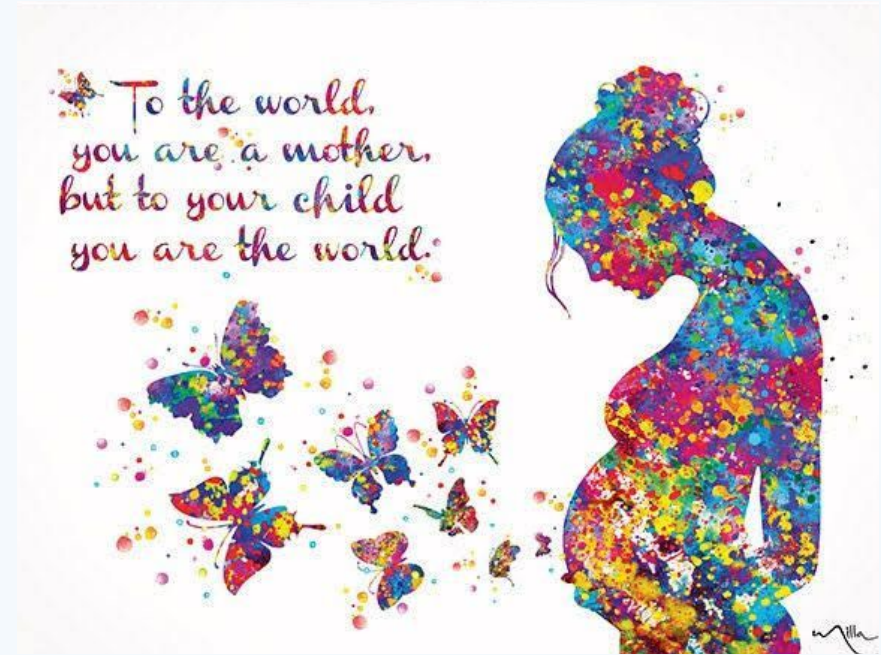
A stylized, colorful illustration of a landscape. The background features wavy, horizontal bands of light blue and white, suggesting a sky or water. In the foreground, there are rolling green hills with dark brown soil paths. On the left, there is a green tree with rounded foliage, a purple flower, and an orange bird flying. The text is centered in the upper half of the image.

Children's Teeth Care to prevent Early Childhood Caries

CTC to prevent ECC

*Wajeaha Khan, Ana Kobiashvili, Lamia Ahmed,
Saba Raza, Ann Paul Augustine, Kaley Dignard*

Welcome mommies!

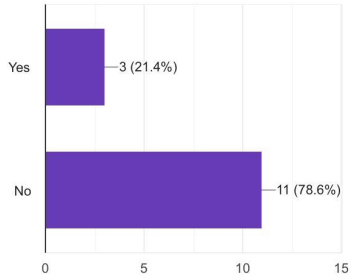


Questionnaire

Have you had any teeth extracted due to decay ?



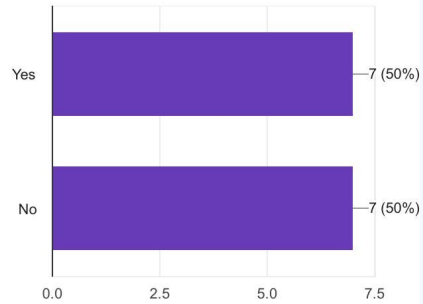
14 responses



Do you have any crowns and/or fillings in your mouth?



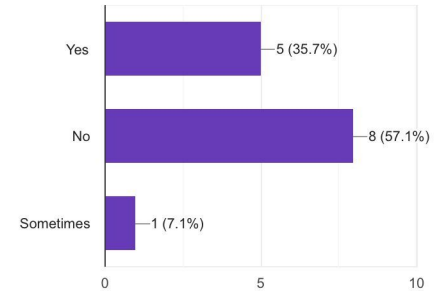
14 responses



Do you feel sensitivity to hot, cold, and/or sweets on your teeth when you eat or drink?



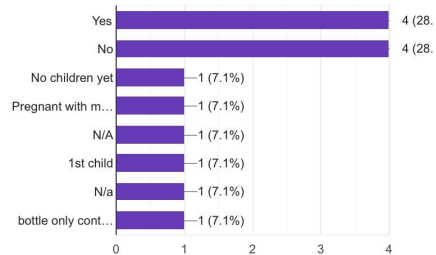
14 responses



Supplemental question 5: Have you ever given your children a bottle after they've gone to sleep (either for nap time or bedtime)?



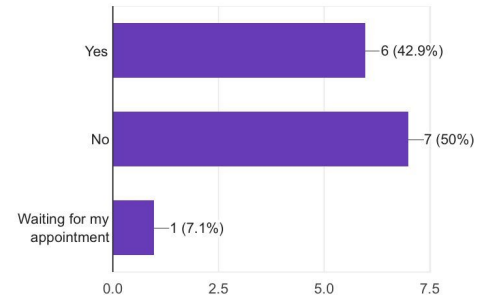
14 responses



Since you have been pregnant have you had a cleaning ?



14 responses



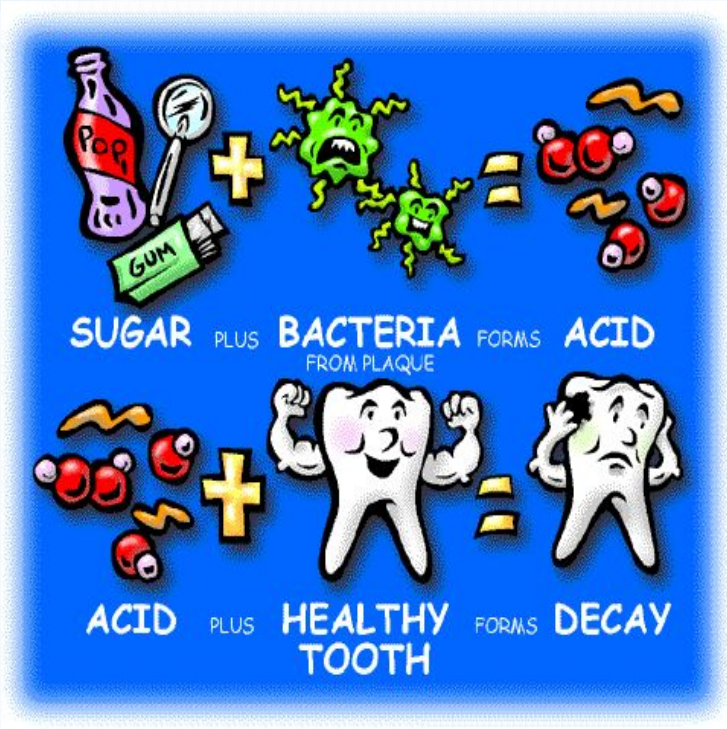
Ice Breaker Questions

How many of you think...

- Cavities are contagious?
- Babies can't get cavities?
- Cavities on the baby teeth don't affect the permanent teeth?
- It is OK to give your child milk/breast feeding right before bed and or during the night?

Early childhood Caries

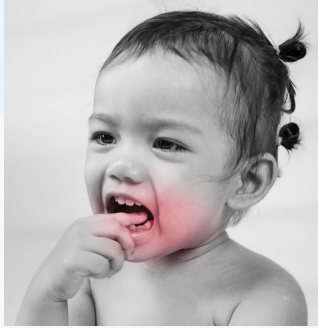
Cavities



What is ECC?



Why is this important for you and your child?



Pain



Infection



Destroys teeth

A high prevalence of ECC is seen in:

- **United Arab Emirates (83%)**
 - **Palestine (76%)**
 - **Israel (64.7%)**
 - **India (51.9%)**
-
- **The national prevalence of ECC in the USA can be estimated between 3 and 6%, which is consistent with the prevalence in other western countries.**



AVOID sugary snacks and drinks

- Sugary foods and drinks can cause tooth decay.
- Limit the number of snack times and offer snacks low in sugar.
- Don't give more than 6 ounces of juice per day.



LIMIT the time spent sipping on a bottle or sippy cup

- When juice, soda, milk or formula stay on your child's teeth too long, the sugar in these drinks can cause tooth decay.
- Offer water – it has no sugar.
- Don't put your baby to sleep with a bottle.



BEWARE of cavity-causing germs that can be spread to children through saliva

- Don't share utensils or bites of food with your baby.
- Clean off pacifiers with water, not your mouth.
- Take care of your own teeth to reduce germs in your mouth.

Cavity-causing germs

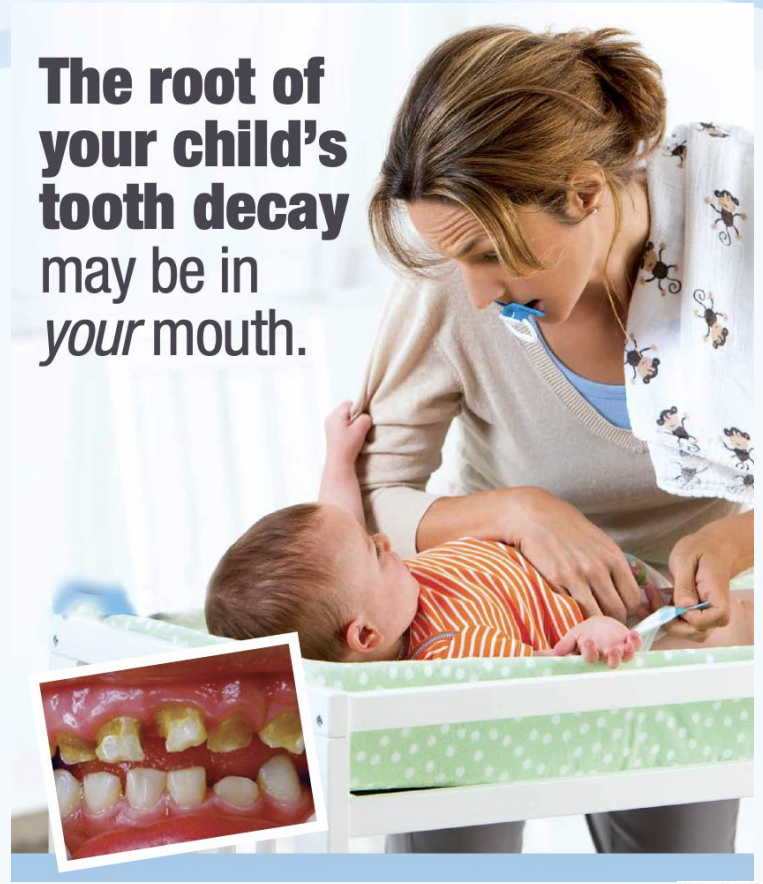
- **Dental caries is an infectious and a transmissible disease.**

What is Vertical transmission?

Mode of transmission:

- **Vertical transmission through family members especially mothers.**
- **Mother's own oral health.**

The root of your child's tooth decay may be in *your* mouth.



Bottlemouth syndrome aka baby bottle rot

What to look for?

- **Red gums**
- **Irritated mouth**
- **Teeth do not look normal**

How to prevent?

- **No bottle of milk or juice (or any fluid containing sugar) at naptime or bedtime.**
- **Give only water or don't give them a sleep-time bottle.**
- **Give your child water after a feeding to rinse sugary liquid off the teeth.**

Progress of Early Decay



Healthy primary (baby) teeth



Mild decay



Moderate decay



Severe (rampant) decay

Common Practice

Try these options instead of a nighttime bottle:

- **Favorite blanket or toy**
- **Offering a clean pacifier**
- **Holding, patting, or rocking your baby**
- **Reading to your baby**
- **Softly talking or singing a song**
- **Giving a bottle with water only**



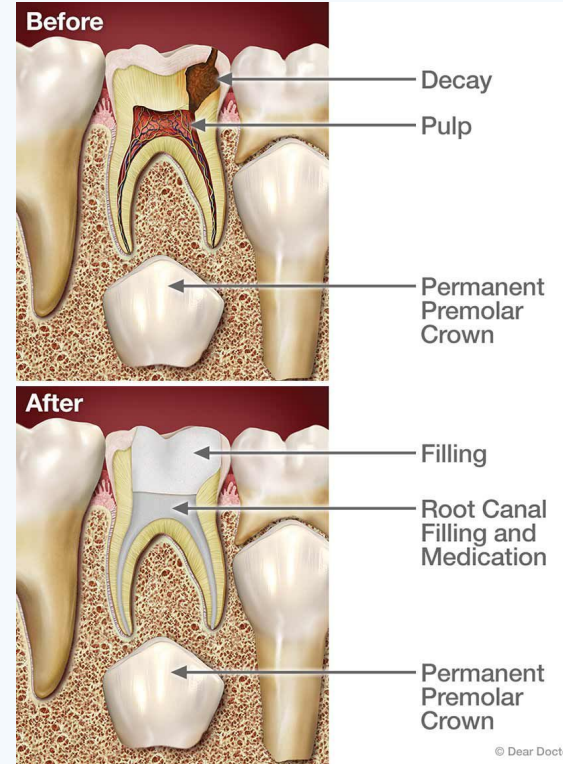


Baby Bottle Decay

Damage to permanent teeth AKA “Turner’s Tooth”



Pulpectomy AKA “Baby root canal”



Preventing Early Childhood Tooth Decay



Brush teeth twice a day

- As soon as the first tooth comes in, start brushing with a soft child-sized toothbrush.
- Brush with a small smear of fluoride toothpaste for children under age 3 and a pea-sized amount for children ages 3 to 6.
- Assist and supervise children until they can brush well on their own.

Begin regular dental visits by age 1

- Children should typically see a dentist every six months.
- Speak to your child's dentist or pediatrician about fluoride varnish, a coating painted on the teeth to prevent tooth decay.



Pedo Dentist

Fluoride is GOOD!

Ways to incorporate fluoride

- **Drinking tap water**
 - Check to see if fluoride is incorporated in your water supply.
- **Systemically Administered Fluoride Supplements**
 - Fluoride supplements should be considered for all children drinking fluoride deficient water.
- **Professionally Applied Topical Fluoride Treatment**
 - Professional fluoride treatments should be based on caries risk.
- **Toothpaste**
 - The use of fluoride containing toothpaste (no more than a “pea sized” amount).



Toothpaste amounts

Current recommendations:

- For children younger than age 3 use a smear of fluoride toothpaste (or an amount about the size of a grain of rice)

- For children 3 to 6 years old use a pea-sized amount.

Correct Amount of Toothpaste for Young Children

Use a thin smear for children under age 3

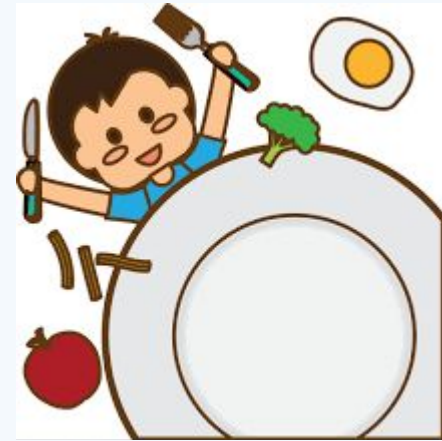


Use a pea-sized amount for children ages 3-6



Nutritional Guidance

- **The American Academy of Pediatrics (AAP) recommends complete weaning from the bottle by 15 months at the latest.**
- **Provide variety** in the forms of healthy fruits and vegetables, whole grains, and proteins.
- **Limit sugary foods and snacks** (such as candy, cake, etc) to special occasions, like birthdays and parties.
- **Too much juice & sugar can lead to = poor nutrition, obesity, and tooth decay.**
- **Offer age-appropriate servings of juice** in addition to offering whole fruits and other beverage options like **water or low-fat milk.**





AMERICAN ACADEMY OF PEDIATRICS

DAILY JUICE RECOMMENDATIONS



Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

Age:	Recommendation:
Younger than 12 months	Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefit at this age.*
1 to 3 years	Limit fruit juice to a maximum of 4 ounces per day ($\frac{1}{2}$ cup). Do not allow your child to carry a cup or box of juice throughout the day.
4 to 6 years	Limit fruit juice to a maximum of 4 to 6 ounces per day ($\frac{1}{2}$ cup to $\frac{3}{4}$ cup). Do not allow your child to carry a cup or box of juice throughout the day.
7 to 18 years	Limit juice to 8 ounces per day (1 cup).

*The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding until at least 12 months. You can continue to breastfeed after 12 months if you and your baby desire. Check with your child's doctor about the recommendations for vitamin D and iron supplements during the first year.



healthychildren.org

Powered by pediatricians. Trusted by parents,
from the American Academy of Pediatrics

Policy Statement: Heyman MB, Abrams SA, and the AAP Section on Gastroenterology, Hepatology, and Nutrition and Committee on Nutrition. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. Pediatrics. 2017;139(5):e20160967

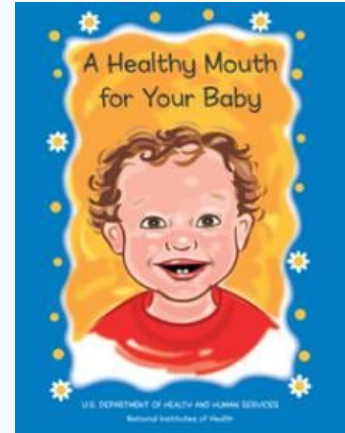
Copyright © 2017 American Academy of Pediatrics

How to reduce the risk of cavities in your child

- **Visit an oral health professional** with child between six and 12 months of age.
- **Wipe an infant's teeth after feeding**, especially along the gum line, with a soft cloth or gauze, or soft bristled toothbrush.
- **Supervise children's brushing** and use a small (size of child's pinky nail) amount of toothpaste. Always brush **20-30 minutes** after breakfast, and again right before bedtime.
- **Avoid putting the child to bed with a bottle** or sippy cup containing anything other than water.
- **Limit foods containing sugar** to mealtimes only and sugary candy and junk food to special occasions only.
- **Avoid saliva-sharing behaviors**, such as sharing a spoon when tasting baby food, cleaning a dropped pacifier by mouth or pre-chewing your baby's food. This is known as vertical transmission.



Children's dental starter kit!



Post presentation - Review

Are cavities contagious?

Yes! Cavities are contagious and can be spread by vertical transmission (mother-to-child).

Babies can't get cavities?

As long as there are teeth in the mouth they can get cavities. ECC are cavities that affect the baby teeth.

Cavities on the baby teeth don't affect the permanent teeth?

False! Dental caries on baby teeth impact children's functioning including eating, sleeping, speaking, learning and growth.

Is it ok to give your child formula/breast milk right before bed and or during the night?

No, this causes an increased risk for ECC (sugar in milk).

The background features a stylized landscape with wavy hills. The top portion consists of light blue and white waves, while the bottom portion consists of green waves. The text is centered on a white background.

Thank you!

Questions?