



Educating New Parents about Oral Health for Newborns

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Introduction/ Ice Breaker



How many primary teeth do children have?



Should you floss your baby's teeth?



At what age should you first take your baby to the dentist?



Are thumbsucking and pacifier habits harmful for a child's teeth?



At what age does your child get their first permanent tooth?



Is it okay if a baby tooth fall out sooner than it's supposed to?



What causes cavities?



When do teeth start forming?



How often should you brush your baby's teeth?



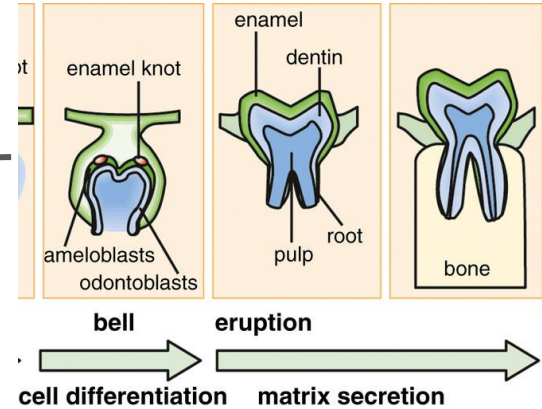
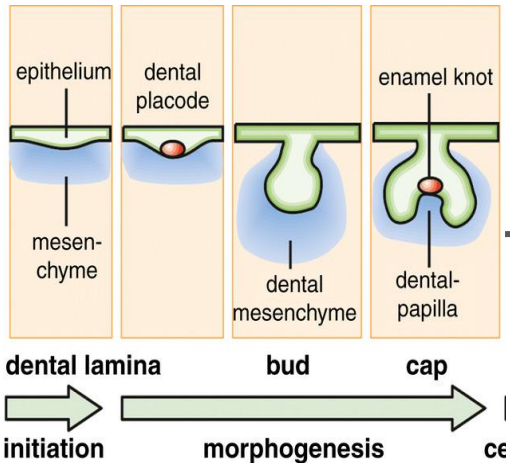
When should you give your baby toothpaste and how much toothpaste should you give your baby?



Tooth Development Overview

Odontogenesis

- ❖ Medical term used to describe the formation and eruption of teeth.
- ❖ Process that begins before birth
- ❖ This process occurs in several stages to form the different parts of a tooth.



Stages:

1. Bud Stage
2. Cap stage
3. Bell stage
4. Crown and Root formation
5. Eruption Stage

Tooth Development Overview

Stages

1. Bud stage

- Happens at the 8th week in utero
- Dental lamina is formed => Tooth germs

2. Cap Stage

- Cells begin to shape the outside layer of the tooth forming a cap
- The cap aka. Enamel organ will later form the cells that produce enamel
- The rest of the tooth bud aka. Dental papilla will make the interior layers => Dentin and the Pulp

5. Eruption stage

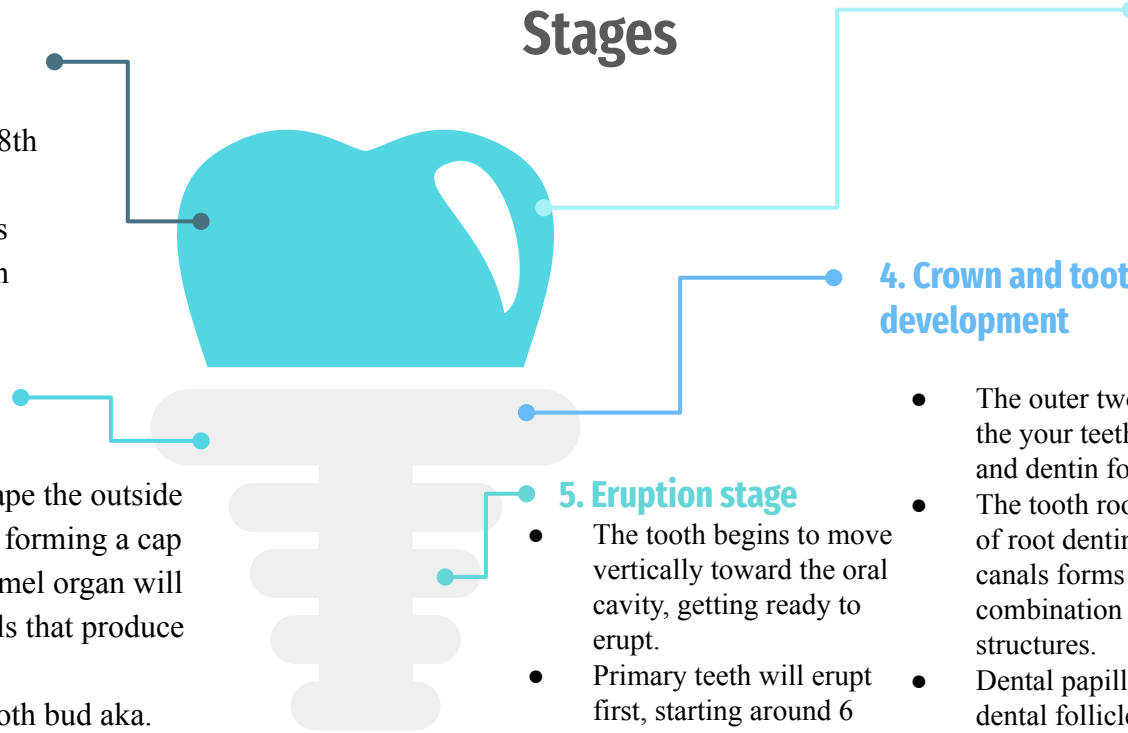
- The tooth begins to move vertically toward the oral cavity, getting ready to erupt.
- Primary teeth will erupt first, starting around 6 months of age.
- Permanent teeth begin forming at 20 weeks in utero and continuing 10 months after birth.

3. Bell stage

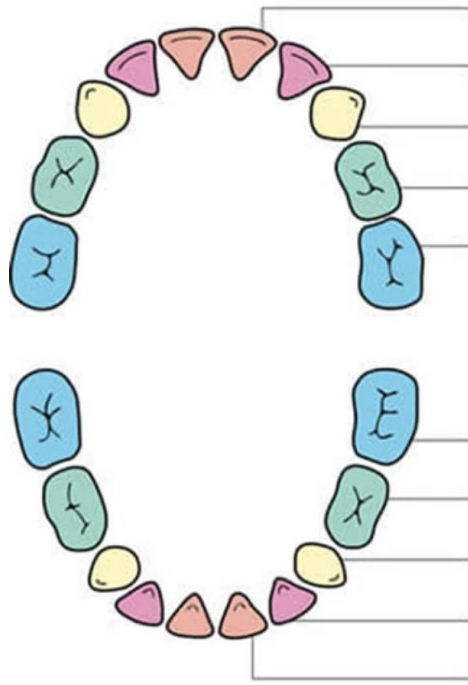
- Two events take place
- Cells of the enamel organ change functions and become of of four cell groups: Inner enamel epithelium, Outer enamel epithelium, Stratum intermedium, Stellate reticulum, together they work to develop the enamel layer
- During the second event the enamel epithelium folds into the future shape of the tooth.

4. Crown and tooth development

- The outer two layer of the your teeth, enamel and dentin form.
- The tooth root, made of root dentin and root canals forms a combination of three structures.
- Dental papilla, the dental follicle and another important group of cells known as Hertwig's epithelial root sheath.



Primary Dentition



Upper Teeth

	Erupt	Shed
Central incisor	8-12 mos.	6-7 yrs.
Lateral incisor	9-13 mos.	7-8 yrs.
Cuspid (canine)	16-22 mos.	10-12 yrs.
First molar	13-19 mos.	9-11 yrs.
Second molar	25-33 mos.	10-12 yrs.

Lower Teeth

	Erupt	Shed
Second molar	23-31 mos.	10-12 yrs.
First molar	14-18 mos.	9-11 yrs.
Cuspid (canine)	17-23 mos.	9-12 yrs.
Lateral incisor	10-16 mos.	7-8 yrs.
Central incisor	6-10 mos.	6-7 yrs.

The very first tooth your baby will have erupt is the lower central incisor roughly at 6 months.

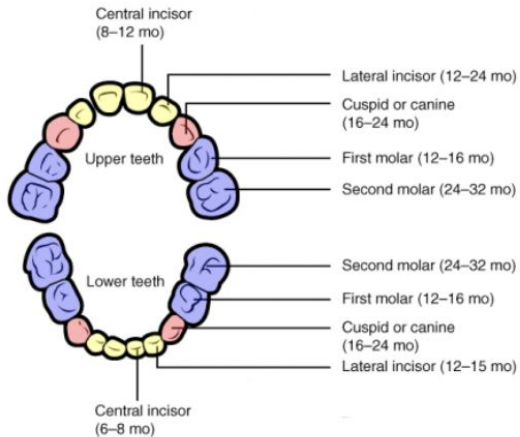
The last tooth usually to erupt is upper second molar by 3 years old.

By the time the child is 6 years old the primary teeth will begin to shed.

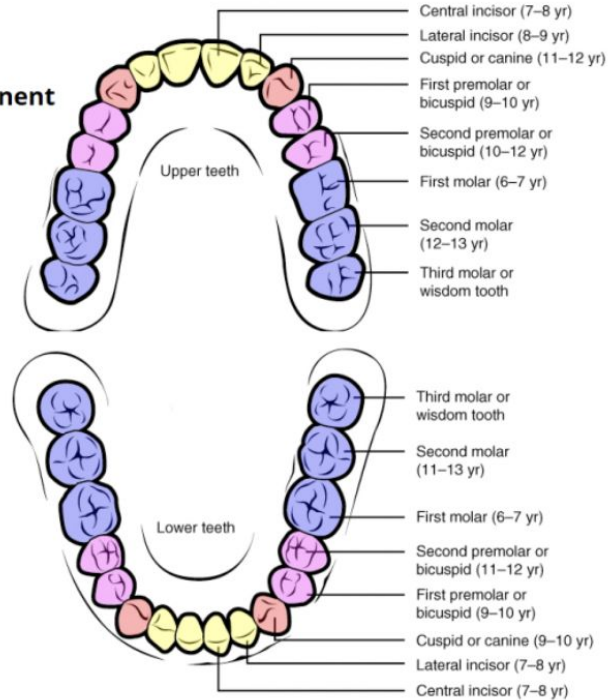
Mixed dentition is a phase where the child has both primary and permanent teeth in their mouth. The last primary teeth usually to shed are canines and second molars.

Primary vs Permanent Dentition

(i) Primary



(ii) Permanent



What is Early Childhood Caries (Baby Bottle Caries)?



Early childhood caries is by definition the presence of one or more decayed (non-cavitated or cavitated lesions), missing (due to caries) or filled tooth surfaces in any primary tooth. (ADA)

Most common chronic infectious disease of childhood. Healthy dental habits should begin early because tooth decay can develop as soon as the first teeth comes in, generally the first 6- 10 months of the bottom front teeth.

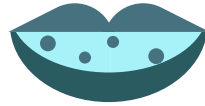


What factors contribute to Early Childhood Caries?

Nutrition/ Diet

- Putting the child to sleep with a bottle of formula, milk, soft drinks, juices or sugary drinks
- Frequent exposure to sugary drinks throughout the day
- Sweet and sticky foods

Added sugars in these liquids are changed to acid by bacteria in the mouth, which can affect the enamel causing decay.

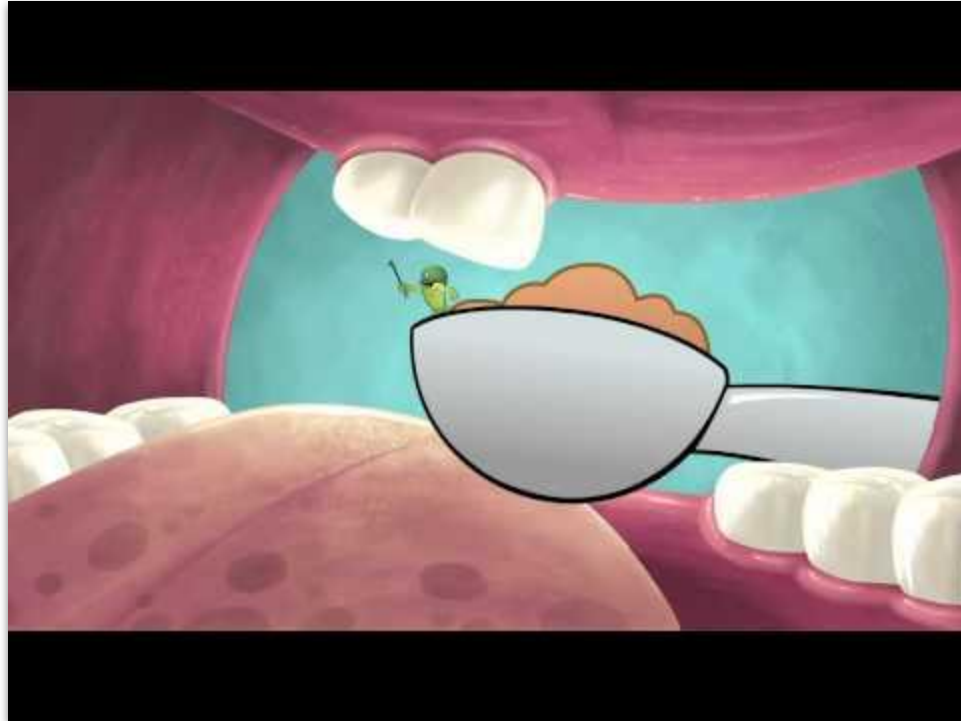


Parents

Bacteria can pass through saliva, such as from:

- Sharing spoons or cups
- Testing foods before feeding it to babies
- Cleaning off a pacifier with your mouth

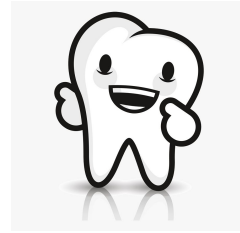




<https://www.youtube.com/watch?v=l6fKzygrgfE>



Caries Prevention



Do not dip pacifiers in any sweetened liquid.

Teach your child to start drinking from a cup as early as possible; to prevent pooling of liquids in the front teeth

Only give milk with meals, and only give water throughout the day and at nap time or bedtime. AAP does not recommend juice for babies younger than 1 years old.

Do not put them to sleep with a bottle with sugary drinks or food

Do not clean off pacifiers with your mouth, do not share foods and utensils

Check to see if your water is fluoridated; if not, ask your dentist if fluoride supplements are needed

Pacifiers

- **Pros/Cons of Pacifier**
- **Oral effects of pacifier use**
- **Duration**
- **Safety**
- **Recommendations**





Pros + Cons of Pacifier Use



Pros of Pacifier Use

- Reduce risk of SIDS(Sudden Infant Death Syndrome)
- Non-expensive
- Can limit your child's use of them, which can make breaking the habit easier
- Can help reduce pain during common procedures such as shots.

Cons of Pacifier Use

- Can increase risk of ear infections
- Prolonged use can lead to problems with your child's teeth.
- Babies may breastfeed less if they have a pacifier, this is known as nipple confusion

Duration

- Most children stop between ages two and four
- The earlier your child can break the habit, the better
- When your child is overusing the pacifier, introduce new things, such as toys, to help break the habit
- Continued use may lead to changes in primary teeth
- Discuss with your pediatric dentist if the habit is concerning



Oral Changes from Pacifier Overuse

Overuse may lead to the following changes:

- Anterior Open Bite
- Posterior Crossbite
- Flaring of Incisors
- Lingualization of lower Anteriors
- Changes to the roof of the mouth



Safety & Recommendations

- Avoid Vertical Transmission
- Pacifiers should always be made of non-toxic material
- Have an easy to grasp handle
- Replace your baby's pacifier every 6 weeks to prevent any wear
- Before every use, pull firmly on the nozzle to be sure it's still intact
- Have inseparable nipple and mouth guard

Recommended Pacifiers:

- Difrax Pacifiers
- Nuk Pacifiers



How to care for your baby's teeth

Age	Oral Hygiene
0-5 months	Wipe his/her gums with a soft, wet clean cloth after each feeding.
6-12 months	Once he/she has her first tooth, start brushing twice a day with a smear of toothpaste or the size of a grain of rice. It is okay if he/she swallows it.
1 year old	Make sure to bring your baby for his/her first dental before or by their first birthday.



Videos on how to brush your baby's teeth



Baby dental products

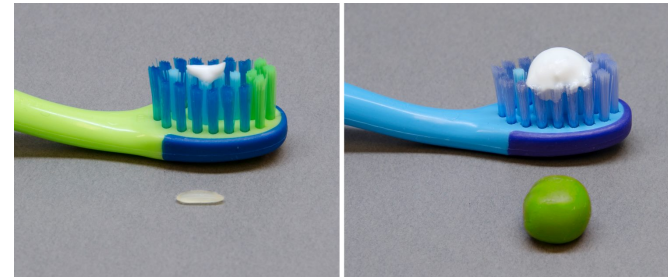
Children Toothpastes



Frida Baby Finger Toothbrush



Frida Baby Grow-With-Me Training Toothbrush Set



Grain of rice (left) and pea sized (right) toothpaste

Review and Setting standards at home

Caries Risk

- As we previously learned babies are at high risk for caries, due to many factors.
- Due to the high caries risk, it is recommended to use a rice grain-sized amount of toothpaste containing a fluoride (ideally minimum concentration of 1450ppm, this is shown on the back of toothpaste packaging) as soon as the 1st tooth erupts.



Home Care



Access
primary
dental care
frequently

Brush at
night and at
one other
time during
the day

Don't rinse
the
toothpaste
away

Only give
milk or water
to drink

Do not allow
baby to sleep
with a bottle
of milk in the
mouth

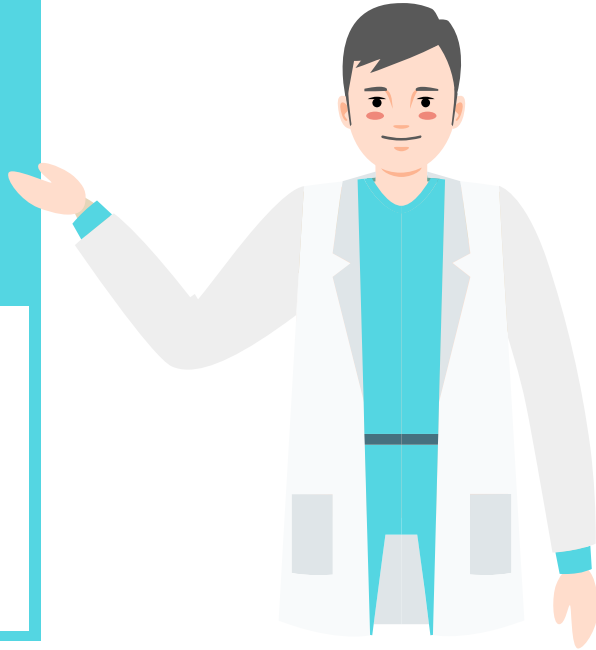
Discontinue
bottle use,
moving to
open cup
around age 1

Give three
main meals
and two
snacks per
day once
established
on solids

Assignment

Make a plan for future child
or adjust homecare for
current child.

Take a few minutes to
think about what we
covered today that
you think you will plan
for your child.



Or share something you
learned today that you didn't
know before.

We will give the audience
3-5min to write
something down and
share.

Questions and Answers



Thank you!

