

Weaning before Teething



Seokyung Sarah Hwang
Nicole Nutzu
Annalea Cullen
Lucy Hur
Ifaa Raizer-Amit
Manuela Zeidman

Today's Presenters



Sarah Hwang



Nicole Nutzu



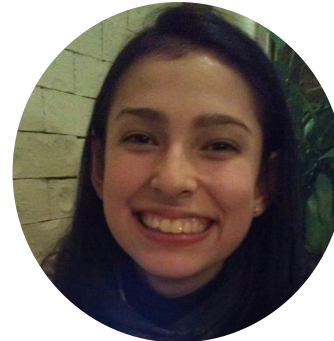
Annalea Cullen



Lucy Hur



Ifaa Raizer-Amit



Manuela Zeidman

1

Quiz Time!

Pre-Presentation Questions

How many of you are still breastfeeding?? Bottle feeding?



Who took their kids to their dentist?



What is the normal time to take your kid to the dentist?



How many have heard of bottle weaning?



How often do you feed your baby? What other things do they eat



Who has heard of ECC?

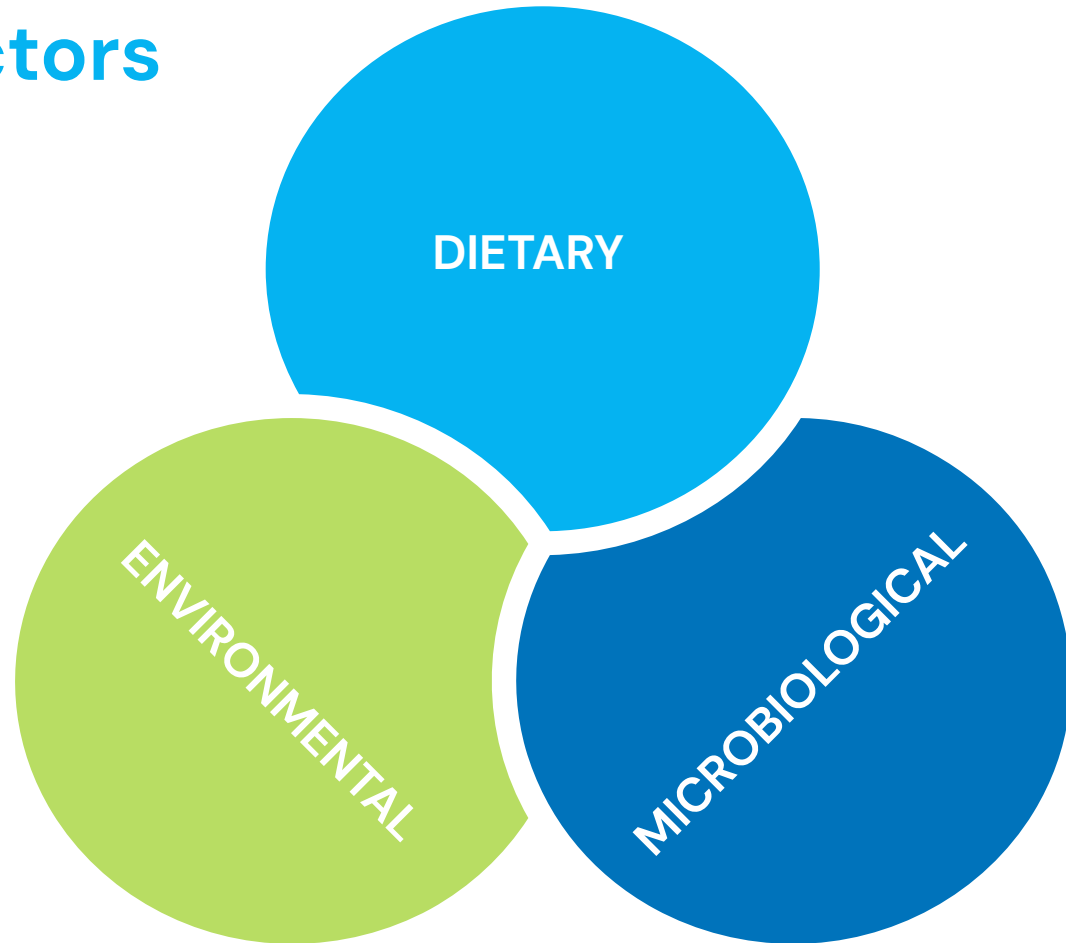
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What is ECC?



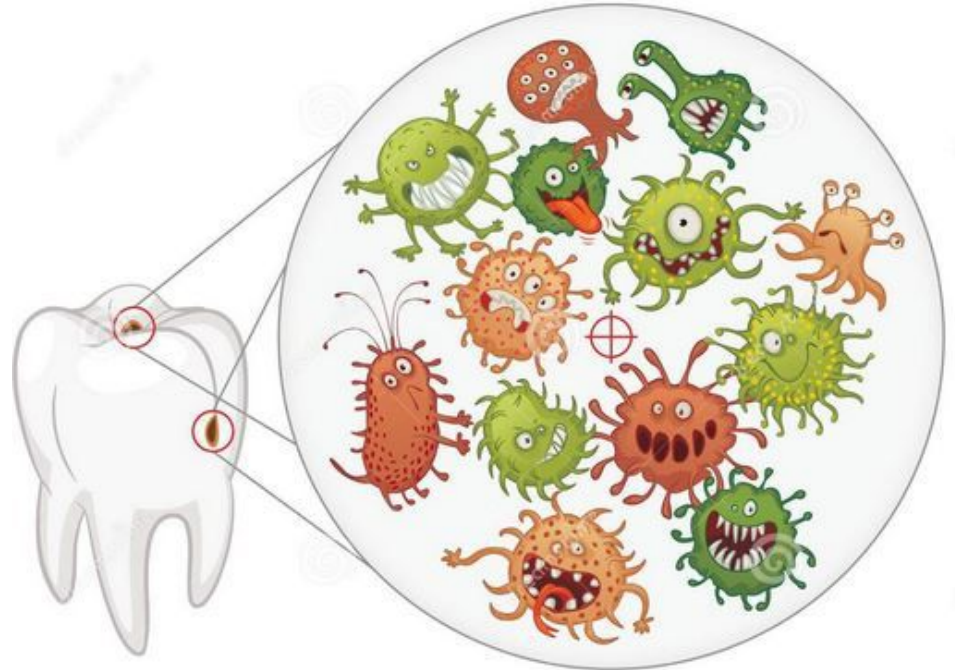
The presence of one or more decayed, missing, or filled primary teeth in children aged 5 years or younger.

3 main risk factors



Microbiological risk factor

S. Mutans and S. Sobrinus



Microbiological risk factor

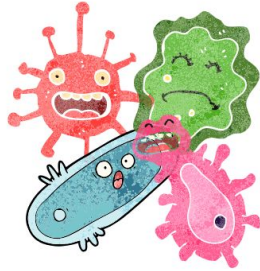


Vertical transmission



Horizontal transmission

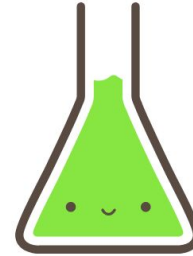
Dietary risk factor



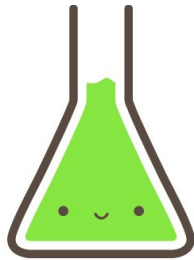
Bacteria



SUGAR



Acid



Acid



Healthy Teeth



Decayed Teeth

Environmental risk factor



3

What's the big deal?

ECC hurts!



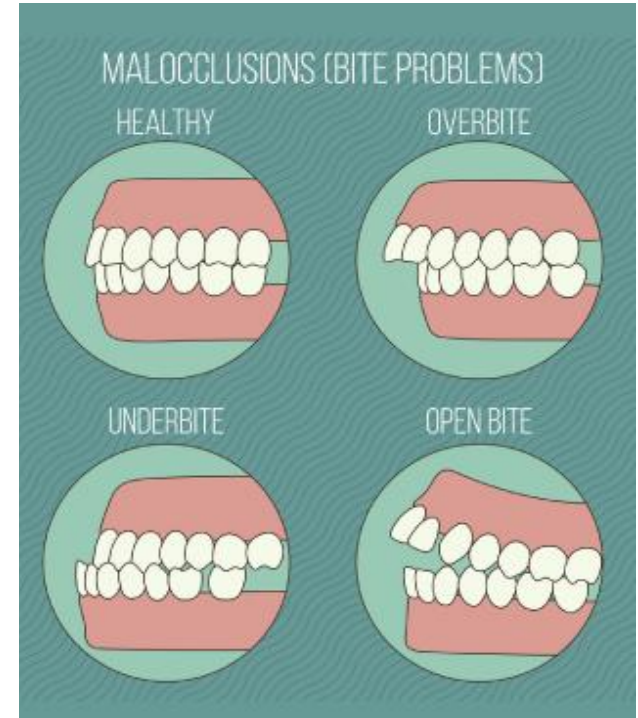
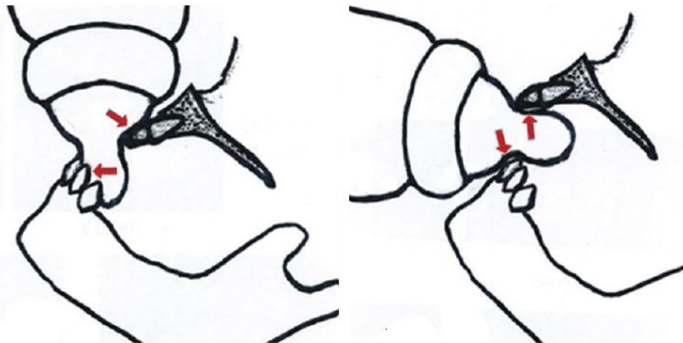
- Caries can be painful for your baby
 - And treatment can be painful to the wallet!
- May require extensive restorative work or extractions
- If left untreated, can lead to infection
- Premature tooth loss = future problems
 - Speech issues
 - Lack of confidence
 - Problems with successor permanent teeth

Problems for the Permanent Dentition

- **Caries**
 - Permanent teeth are growing underneath the surface
 - Bacteria from an infected primary tooth can spread down to infect the growing tooth underneath
- **Crowding**
 - Baby teeth act as placeholders for permanent teeth to have space to grow in
- **Delayed eruption**
- **Staining / discoloration**
- **Malformation**

Bottle feeding can cause malocclusion

The pressure of the bottle against the teeth can actually cause them to shift over time



Bottles + sugary drinks =



Baby formula, breast milk, and juice all contain sugar

Drinking out of a bottle causes prolonged exposure of the teeth to this sugar

The longer the sugar is allowed to sit on the teeth undisturbed, the higher the risk of caries

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Bottle Weaning Techniques

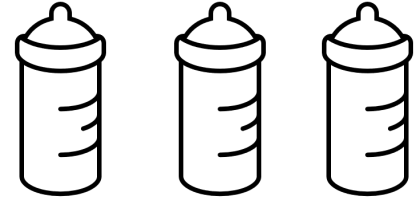
Serial Dilution

- Formula or breast milk in baby bottle is gradually diluted with water over the span of 2 weeks.
- Only water should remain in the bottle by the end of 2 weeks.
- Should be used in conjunction with a sippy cup:
 - Sippy cup should contain **only** formula/breast milk, do not dilute with water.
 - Child may develop preference for milk in cup over diluted milk/water in the bottle.



Ounce Reduction

▫ Gradual replacement of bottles with sippy cups, as well as the reduction in the amount of fluid in the bottle.



- The sippy cup can contain water, breast milk, or formula
- Positive encouragement (praising, smiling, & cheering-on is integral)


The child is more likely to reject the bottle



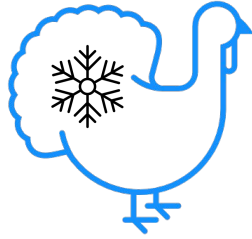
- *Very important* - to not have the bottles in sight and to instruct family, friends, and caretakers of the switch to sippy cups.



The following table is an 8-day schedule that would be distributed to parents of children aged 1

Day 1-3	Morning - Cup 	Afternoon - Bottle 	Evening - Bottle 
Day 4-6	Morning - Cup 	Afternoon - Cup 	Evening - Bottle 
Day 7-8	Morning - Cup 	Afternoon - Cup 	Evening - Cup 

Cold Turkey -



This method is more fitting for children that can **understand** the rationale.

Explain to the child that they have grown-up, and they can now use grown-up cups!

Give them the idea of going one step further and possibly throwing the child a party to celebrate this momentous event



Summary ♥

Q: Why wean before teething?

A: Prevent tooth decay, malocclusion and prevent nutrient deficiencies.



Recommended Methods: Ounce reduction and serial dilution.

Cold turkey is recommended for older children. *It is not age appropriate for a 1-year-old.*

Nutrition

- Research – Late bottle weaning leads to more liquid consumption causing a lack of balance in diet.

Children are physiologically capable of obtaining nutrient from other sources.

- According to the American Academy of Pediatrics
Children 1yr – 6 yrs. = 4 – 6 ounces of juice / daily.



Recommendations

➔ Offer milk as the beverage of choice



➔ Limit low nutrient foods to holidays and special occasions

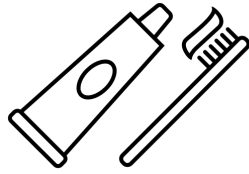


➔ Sit at a table

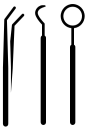
➔ Be consistent with mealtimes



Good Oral Hygiene



- Children must brush their teeth **twice a day** to remove biofilm accumulation
- Use rice size portion of toothpaste
- Supervise child when brushing their teeth
(Expectorate toothpaste instead of swallowing)
- First dental visit should be when the first tooth **erupts or at age 1**





Thanks!
Any questions?