



Prevention of Early Childhood Caries

BY: PABLO ALVARADO, EARL CALLENDER, JAMILA KINSALE,
LUIS OLIVO, & JOANNA TUNAJEK

Introduction

- Dental Caries, also known as cavities, can form from as early as 2 years of age.
 - This is referred to as **Early Childhood Caries (ECC)**.
- ECC is caused by bacteria breaking down foods, producing acid, and destroying the tooth enamel.
 - The contributing factors include; genetics, sugary foods or drinks, etc.
- Preventable Measures
 - Fluoridated products such toothpaste and mouthwash.
 - *Community water fluoridation (CWF)*
 - CWF allows for the infiltration of fluoride into the water systems in a community.
 - Quickest and most affordable solution.



Objectives

- To educate teachers, parents, caregivers and children of the JL Young Believers Daycare facility in Brooklyn, New York, on the importance of early childhood oral care.
- To teach the children how to brush their teeth correctly.
- To review the best caries-preventative choice of diet for a toddler.
- To explain the importance of drinking water on a regular basis.



Assessing The Risk Factors For ECC

- Children growing up in low socioeconomic communities.
- Parents with poor educational oral health care background.
- Communities lacking resources; such as healthcare insurance and dental facilities.
- Poor nutritional intake.



Assessment



- To determine the specific risk factors that cause ECC, we propose to assess 20 children at the JL Young Believers Daycare by:
 - Analyzing worksheets given to the parents and children to gather information about diet, amount and frequency of sugar intake.
 - We will use direct observation to evaluate active decay.
 - We will also observe how parents engage towards the oral hygiene of their children to determine what needs to be improved.

Do You Know How To Brush Your Teeth?



- **DEMONSTRATION**

- Using a typodont and toothbrush.
- Give each student a toothbrush and have them practice while watching a video.



Let's Brush With Elmo!





Reinforce Brushing like Elmo!

- **Activity Time!**

- Materials: Red crayon, picture of a smile, toothbrush, toothpaste, and mini sand timer (aka Sandy The Timer).
- Use the **RED** crayon to color in the lips.
- Apply a pea-sized amount of toothpaste to your brush.
- Now let's turn over Sandy The Timer.
- We're going to brush the teeth till the sand runs out.



OUR MANTRA

Brush Bath Dress School



Why Do We Take Care of Our Teeth?

- What are our teeth used for?
- Why is it important to brush our teeth?
- Raise your hands if you've ever been to the dentist.
 - How was it?



- Next, we will show you Daniel Tiger's first visit at the dentist.

Daniel Tiger Goes To The Dentist!





What happens when you don't brush your teeth?

- A white sticky coating forms around your teeth called, **plaque**.
 - Plaque becomes a home for the tiny germs in your mouth. These germs form an army, and they dig holes in your teeth called **CAVITIES!**
- So, how can we prevent cavities?
 - **Answer: BRUSH YOUR TEETH!!!**



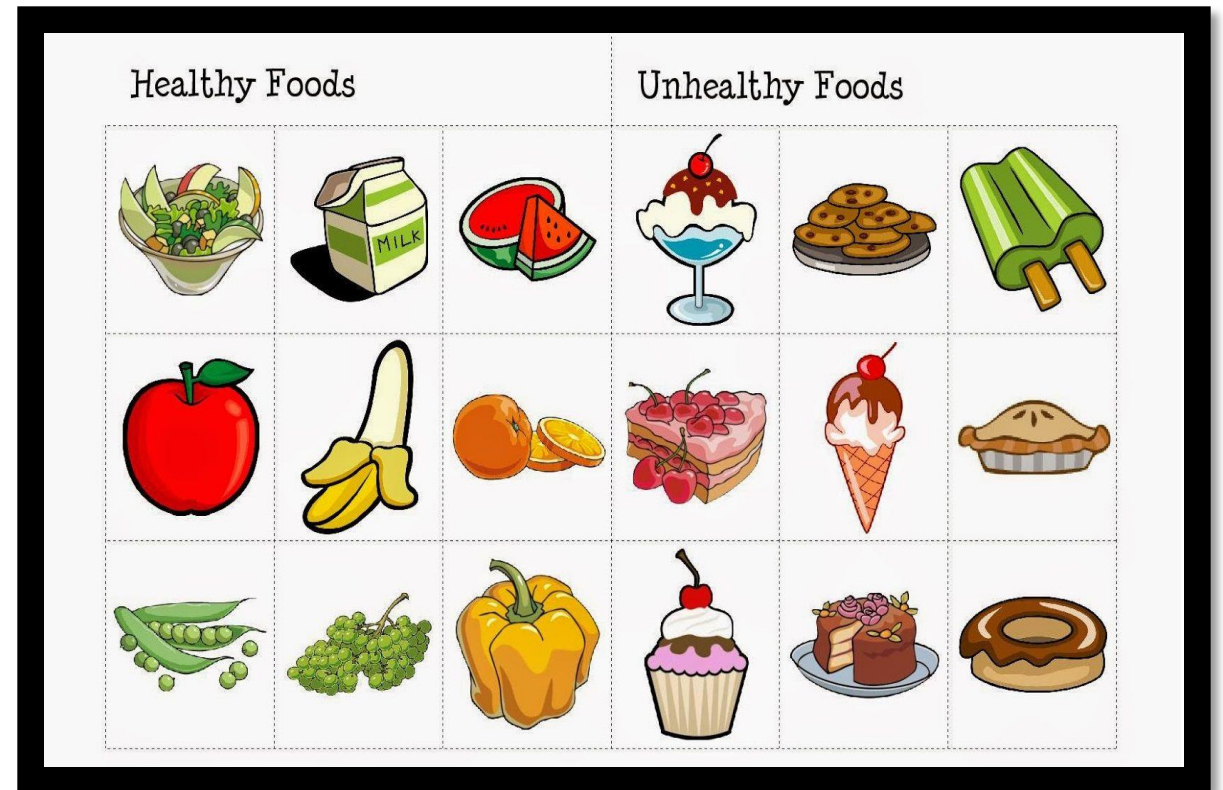




Good vs Bad



- Materials:
 - Illustrated worksheets
 - Green & red crayon
- Use the **GREEN** crayon for the food or drinks you think are GOOD and the **RED** crayon for the food or drinks you think are BAD.
- Remember "**BAD**" foods eat the tooth and cause cavities.



The Power of Water!

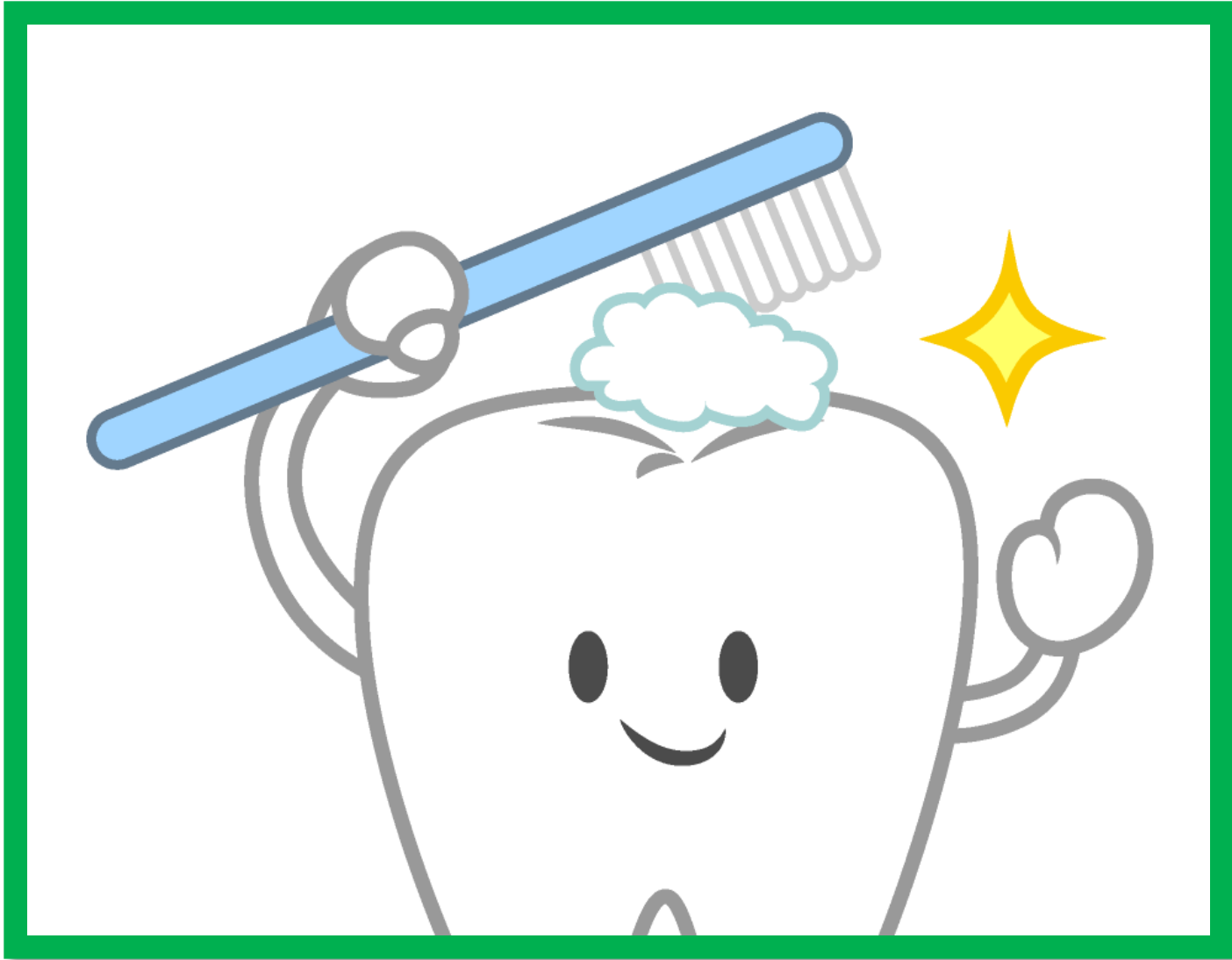


- How many of us drink water when we're thirsty?
- How many of us drink soda or juice when we're thirsty?
- Drinking water can help clean out a lot of the bad germs in your mouth.
- Water also has the power to help make your teeth stronger!

Bright Smile Calendar

- Track your progress using your very own "Bright Smile Calendar"
- Place a sticker each day you spend 2 minutes brushing your teeth with the help of your parent or caregiver.
- At the end of the month calendars will be collected, and the children with the most stickers will get to choose a toy from the toy chest.
 - SOUNDS FUN!?





Shine Bright

- Not sure if you're brushing your teeth long enough?
- Use your friend Sandy the Timer every day during your "Brush time"!
- Sandy the Timer = **2 minutes** of brushing.

OUR
MANTRA

Brush Bath Dress School





PARENT RESOURCES





To Help Your Kids Overcome Fear of the Dentist

#1 Start Young

The earlier a child visits the dentist the better. "This will provide your child with a 'dental home' where all his or her needs -- whether a periodic preventive visit or an emergency -- will be taken care of," says Rhea Haugseth, D.M.D., president of the American Academy of Pediatric Dentistry. It's best that the first visit starts at age 1 or when the first tooth is visible.

#2 Watch Your Words

Tell your child about the visit, but limit the amount of details. Avoid the use of words like "hurt," "shot" and "painful". Instead, use positive phrases like "clean, strong, healthy teeth" to make the visit seem fun and good rather than scary and alarming.

#4 Positive Reinforcement

Avoid promising your child a special treat if they behave well at the dentist. Not only does it increase apprehension, but it sends the wrong message after your dentist emphasizes avoiding sugary treats that can cause cavities. Instead, reward your child's good behavior with a trip to the zoo or another favorite spot. Next time they will look forward to going to the dentist!

#5 Emphasize Importance of Good Oral Hygiene

Teach your child that visiting the dentist is a necessity, not a choice. Let them know the dentist will take care of their teeth and keep cavities away so that they are strong enough to eat and will keep their smile beautiful for years to come!

Dental health is an important part of your child's overall health!

Practice good dental hygiene for healthy teeth and gums.

Did you know?



Tooth decay is the most common chronic childhood disease.



Cavities are five times more common than asthma. Children with poor dental health are three times more likely to miss school.



Your children need to have their first dental checkup by age 1. Dental checkups will help keep them healthy and cavity-free!



Your children should brush their teeth every morning and night. Show them how to brush, then have them brush by themselves. Most children are able to properly brush by themselves around age 6 or 7.



For children up to age 3, use a smear of toothpaste the size of a grain of rice on their toothbrush. Children age 3 and older should use a pea-sized amount.



Soda, sports drinks and juices may taste good, but they are not good for you. Soda has no nutritional value and is high in sugar. Sugar from drinks sits on our teeth and causes decay -- drinking tap water is best!



For more health and wellness tips, visit NortonChildrens.com.

For help finding a dentist, contact your Norton Children's pediatric provider.

Summary of FACCT study results

We wanted to find out:

Does **water fluoridation** at the new lower level of 0.7ppm fluoride still protect against **tooth decay**?

What did we find?

Water fluoridation at 0.7ppm F is effective!

Water fluoridation at the lower level of 0.7ppm fluoride still protects baby teeth & permanent teeth against tooth decay.

Has the level of **dental fluorosis** in permanent teeth changed since the introduction of toothbrushing recommendations and the reduction of water fluoride levels from 0.9ppm to 0.7ppm fluoride?

Dental fluorosis has not reduced

The level of dental fluorosis in permanent teeth has not reduced since the introduction of toothbrushing recommendations and the reduction of water fluoride from 0.9ppm to 0.7ppm fluoride. More than 80% of parents told us that they started to use toothpaste with their child before age 2.

Achieve the right balance to reduce your child's risk of having tooth decay and dental fluorosis:

- From age 2, start using a small pea-sized amount of fluoride toothpaste. (Brush with a toothbrush and tap water before age 2)
- Brush at least twice a day.
- Brush your child's teeth or help your child with brushing.
- Ensure your child does not swallow the toothpaste.
- After brushing all of the teeth encourage your child to spit out the toothpaste. Don't rinse.
- Choose healthy snacks and drinks between meals.
- Visit the dentist and ask what's best for you and your family.



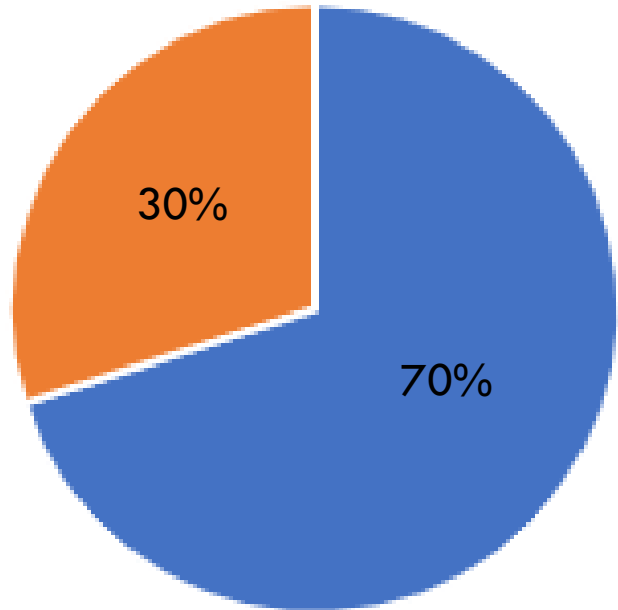


Evaluation



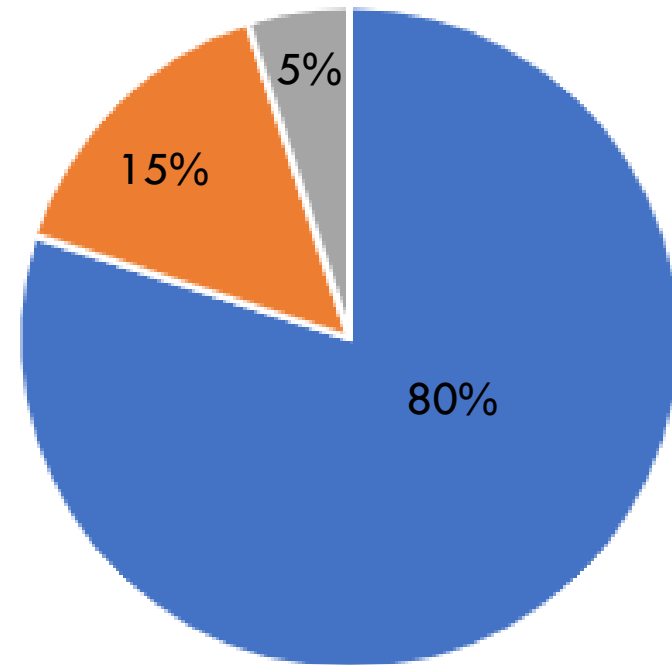
-
- Overall, our program was successful!
 - Most of the kids admitted to drinking soda and juice when they were thirsty instead of water.
 - Next time, we will place more of an emphasis on getting the parents involved.
 - Being more involved in learning how to properly brush their child's teeth.
 - Giving their kids more water instead of juice and soda.
 - **RESULTS ON NEXT SLIDE!**

Good Vs Bad Food Activity



- Kids who correctly categorized the foods
- Kids who incorrectly categorized the foods

Bright Smile Calendar Results



- Full
- Semi-full
- Empty

Conclusion



- Both teachers and caregivers should be aware of the benefits of taking care of a child's teeth from an early age.
- It is important to stress the benefits of community water fluoridation and its significance in decreasing the dental caries occurrence rate in a community, thus leading to stronger and healthier teeth in children of all ages.
- As dental health care professionals, it is our job to educate lower socioeconomic communities, who have less access to insurance and healthcare on the importance of optimal oral health.



**Thank You
&
Happy Brushing!**
