

# HEALTHY TEETH FOR HEALTHY KIDS



# Why do we brush our teeth?



<https://youtu.be/aOebfGGcjVw>

# WHAT ARE CAVITIES?

- Cavities are tiny holes that form in your teeth.

When foods like:

- ★ Bread and Cereal
- ★ Soda and Juice
- ★ Desserts and Candy

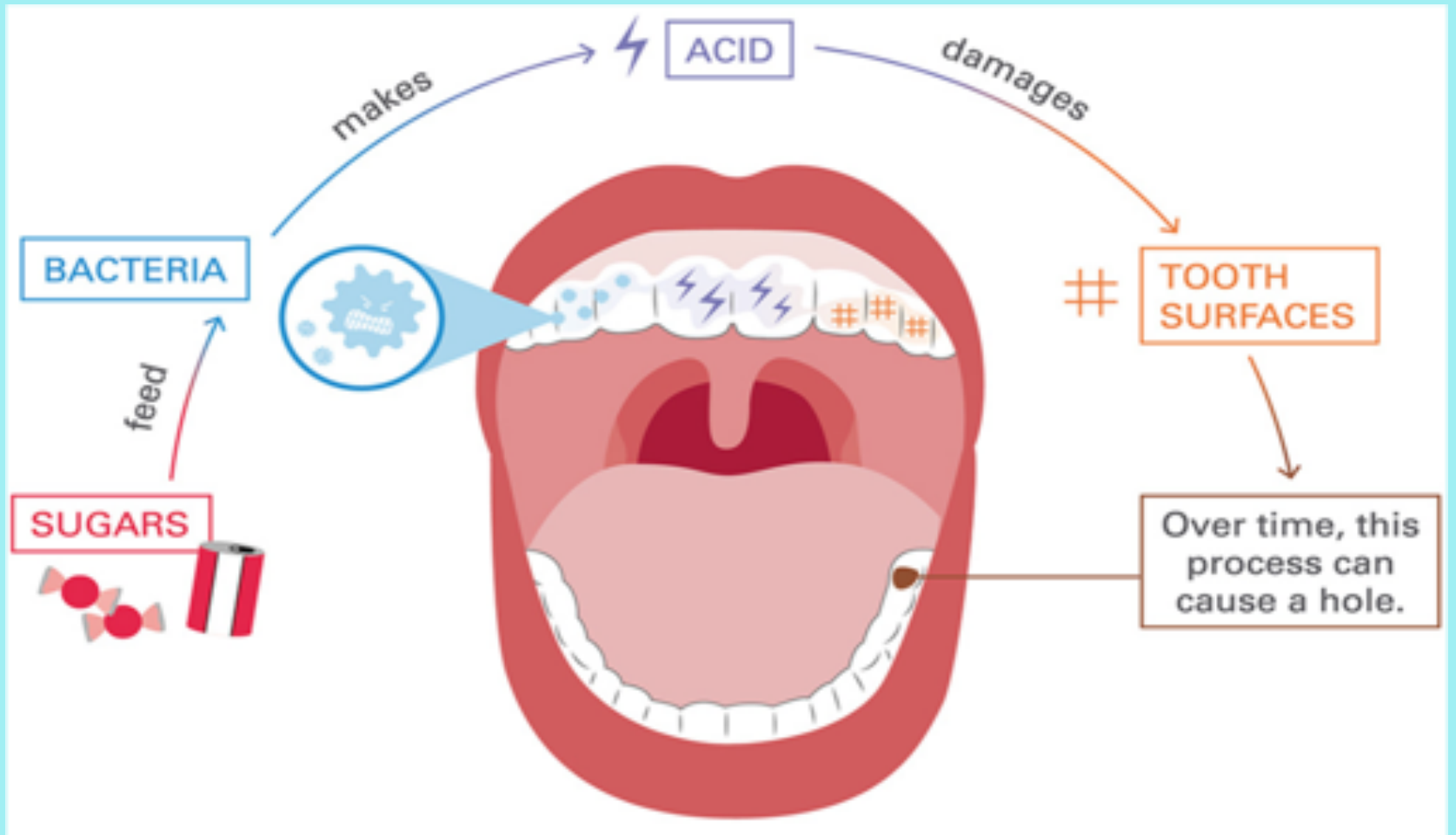
stay on your teeth and the bacteria in your mouth turns them into acids. Over time, these acids damage your teeth and create holes called cavities.





Every time you forget to brush your teeth your teeth get attacked!!







- Choose healthy foods.
- Save candy, cookies, soda, and other sugary drinks for special occasions.

# Acid Drinks Destroy Teeth



- THIS IS A FACT: Drinks melt enamel and promote decay.
  - Over consumption of sugary acidic drinks such as sport drinks, energy drinks boxed juice and soft drinks cause tooth decay and loss of tooth enamel causing (dental erosion)
    - Tooth erosion occurs when acid attacks the teeth to dissolve the outer surface of tooth enamel.
    - Regular loss of enamel can lead to cavities and exposure of the inner layers of the tooth that may become sensitive and painful.
- Drinks are like liquid candy.
- Sugar feed bacteria and promotes tooth decay.





# AMOUNT MATTERS

- Super sizing a drink increases the contact time and causes more damage.
- Sipping small amounts over time leads to cumulative destruction.
- Sports and energy drinks have more acid than soft drinks.
- Diet or “sugar free” drinks still contain acid that damage the teeth.



# HOW MUCH ACID IS IN YOUR DRINK?

## HIGH ACIDITY

**DRINK RARELY (IF AT ALL)**

- Soft Drinks
- Diet Soft Drinks
- Sports Energy Drinks

## MEDIUM ACIDITY

**DRINK OCCASIONALLY**

- Juice

## LOW ACIDITY

**DRINK PLENTY**

- Water
- Milk





# TIPS TO HELP PREVENT THE EROSION OF TOOTH ENAMEL

## PREVENT TOOTH DECAY

**Don't rush to brush** - Waiting for 30 to 60 minutes after sipping on a soda gives teeth time to re-mineralize after the acid softens the surface enamel.



### Use a straw -

Drinking through a straw will minimize contact between acidic beverages and tooth surfaces thereby reducing dissolution of the enamel.

### Cash in on calcium -

Calcium is added to many beverages to up their nutritional ante, and research has shown that the presence of calcium not only may reduce the erosive potential of soft drinks, but it may also increase remineralization.



### Explore natural alternatives -

While children are young and impressionable maintain them on milk and water as their main fluids, keeping them away from acidic drinks and beverages.



### Only brush twice a day -

Over-brushing can lead to other problems such as receding gums and the wearing down of enamel. Brush efficiently twice a day with fluoride toothpaste!

### Don't eat before bed -

It takes saliva about an hour to neutralize acids in your mouth, but saliva flow dramatically decreases when you sleep. That's why it's best to finish your last meal/snack at least an hour before bed.



# HOW TO BRUSH YOUR TEETH



USE A SMALL AMOUNT OF  
TOOTHPASTE



BRUSH THE OUTSIDE SURFACE  
OF ALL THE LOWER AND UPPER  
TEETH IN CIRCULAR MOTION



BRUSH THE OUTSIDE SURFACE  
OF ALL THE LOWER AND UPPER  
TEETH IN UP AND DOWN MOTION



BRUSH THE INNER SURFACE OF  
ALL THE LOWER AND UPPER  
TEETH



BRUSH THE CHEWING SURFACES OF  
ALL THE LOWER AND UPPER TEETH  
IN BACK AND FORTH MOTION



BRUSH THE TONGUE



RINSE OUT YOUR MOUTH USING  
WATER

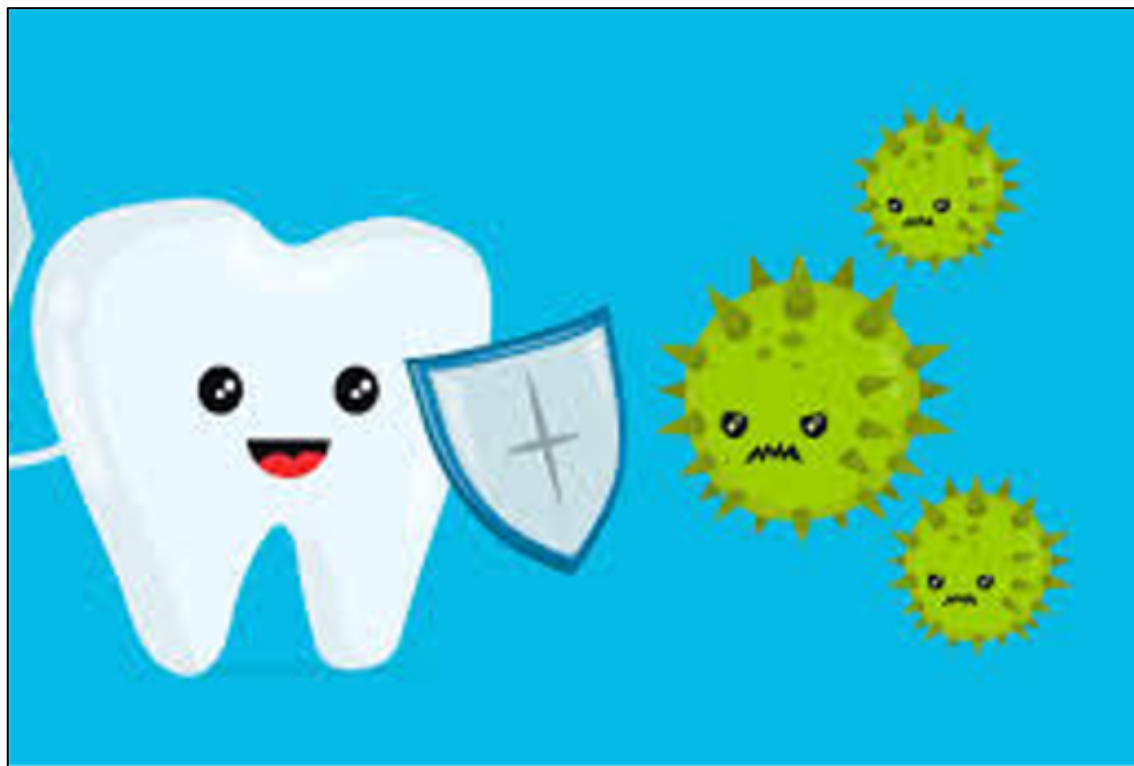


BRUSH YOUR TEETH TWICE A DAY



Remember to brush  
ALL of your teeth  
with toothpaste two  
times each day.





How else  
can you help  
your teeth  
stay strong  
and  
healthy??

# FLUORIDE

- ★ Fluoride is a natural mineral found in our saliva, soil, fresh water and even our foods
- ★ Most importantly it is in our water

## FLUORIDE

provides positive effects on dental health because it makes teeth more resistant to decay.



# WHY DO CHILDREN NEED FLUORIDE?



Our mouths contain **BACTERIA** +



That bacteria combines with sugars in the foods we eat and the beverages we drink and produces...

= **ACID**






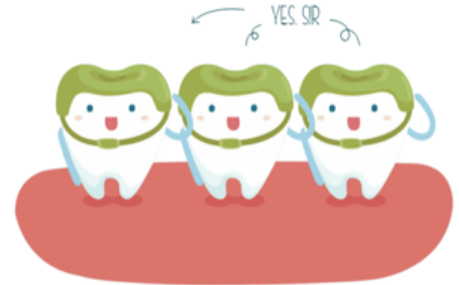
The acid that is produced harms tooth enamel and damages teeth



**FLUORIDE PROTECTS TEETH BY MAKING THEM MORE RESISTANT TO ACID**

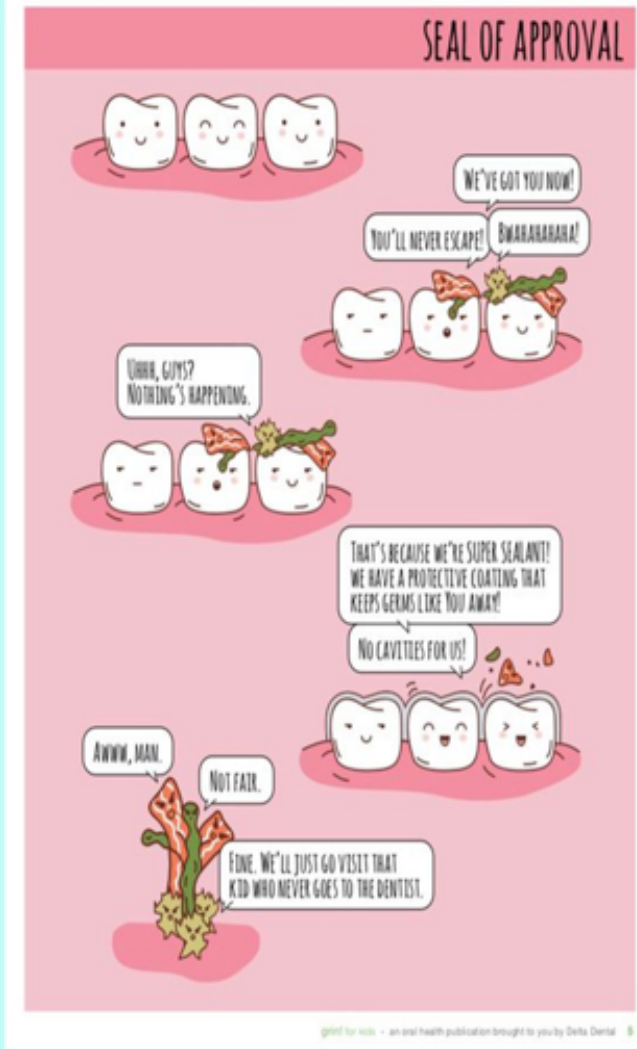
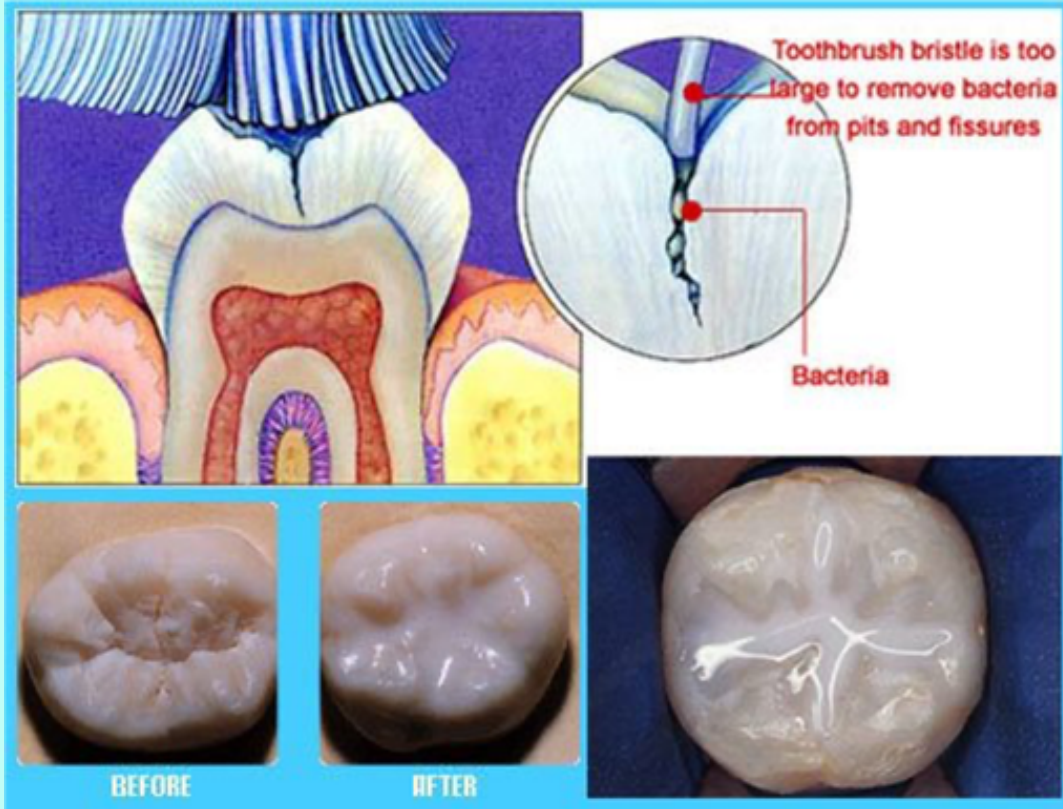
Get Your Fluoride Here!

-  Drink fluoridated water
-  Brush with the right amount of fluoridated toothpaste
-  Talk to your dentist or doctor about fluoride treatments



FLUORIDE MAKES TEETH STRONGER!!

# SEALANTS





# SEALANTS

**SEALANTS ARE PROTECTIVE COATINGS FOR YOUR TEETH THAT HELP IN THE PREVENTION OF CAVITIES BUT DO NOT REPLACE BRUSHING AND FLOSSING.**

Sealants are a plastic coating that is bonded to the chewing surfaces of posterior(back) teeth to cover the grooves. Sealants make the surface of teeth smooth and make it easier to clean effectively by brushing.

## DID YOU KNOW?

**"BACTERIA CAN TRANSFER FROM A MOTHER'S MOUTH TO HER CHILD"  
OR**

**"SEALANTS CAN BE PLACED ON BABY TEETH TO PROTECT FROM SUGARS FOUND IN BOTH BREAST MILK AND FORMULA"**

Sealants may need to be replaced or repaired periodically. This is especially the case if the patient is not selective in avoiding hard crunchy food, ie: ice, candy, nuts. Placement of sealants does not guarantee the tooth to be free of cavity.

**THE SUPER  
DENTISTS**



**#1 = #4**

**SPENT ON  
SEALANTS**

**SAVED**



**SAVINGS FROM REDUCED NEED FOR FILLINGS AND OTHER DENTAL TREATMENTS.**

**86% & 58%**



**SEALANT PLACEMENT IN CHILDREN AND ADOLESCENTS HAS SHOWN A REDUCTION OF CAVITY INCIDENCES BY 86% AFTER 1 YEAR AND 58% AFTER FOUR YEARS.**

**80-90%**



**OF CAVITIES ON PERMANENT BACK TEETH ARE PIT AND FISSURE DECAY AND 44 PERCENT ARE BABY TEETH. SINCE THESE ARE THE AREAS THAT SEALANTS PROTECT, IT IS EASY TO SEE WHY SEALANTS BENEFIT CHILDREN.**

**2 X LONGER**



**SEALANTS LAST LONGEST IF A CHILD HAS GOOD ORAL HYGIENE, VISITS THE DENTIST REGULARLY AND AVOIDS BITING ON HARD OBJECTS LIKE ICE CUBES, CANDY AND POPCORN.**

**Tooth without sealant**



**Sealant is applied**



**Tooth with final sealant**



# GROUP Activity

**Instructions:** We will show a variety of snacks . Using their tooth voting paddles, students get to vote whether or not the snack on the screen is a **HEALTHY/GOOD** snack choice for your teeth versus a **NOT HEALTHY/BAD** snack choice that can cause cavities on your teeth.

HEALTHY/GOOD



NOT HEALTHY/BAD



APPLES



ORANGES



PEARS





## COOKIES



## DONUTS



## CAKES



Don't  
Rush  
When  
You  
Brush.

- The Fresh Quotes -



Be SMART.  
Eat SMART.

