

Oral Health Education for South Dakota Families

*Great Faces
Great Smiles*

Funded by WellMark Foundation, Delta Dental, SD Department of Health and the SD Dental Association



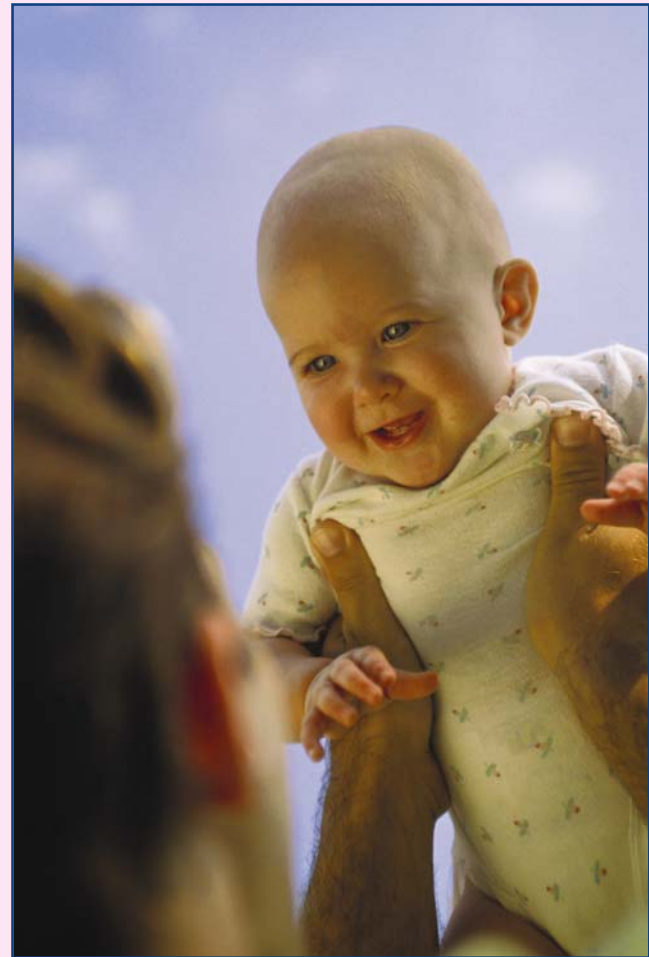
Baby teeth are important.
Keep them clean to prevent decay.

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Baby teeth
help your child:

- chew
- grow and develop
- speak clearly
- smile
- hold space for permanent teeth



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Keep them clean to prevent decay.



- babies should NOT be put to bed with a bottle.
- bottles should not be filled with sweet liquids.
- bottles and sippy cups should not be used as pacifiers.

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Keep them clean to prevent decay.

- babies should never be given a pacifier dipped in anything sweet.
- begin using a cup at six months or as soon as developmentally appropriate.
- babies teeth need to be cleaned.



Cavities



Moderate Tooth Decay

Cavities

- can occur shortly after teeth appear.
- caused by germs (acid-producing bacteria) which can be spread from parents.
- caused by eating and drinking sugary foods and beverages.



Cavities can lead to:



- pain and infection
- hospitalization or surgery
- poor performance in school
- speech problems
- poor nutrition
- other medical problems

More About Cavities:

- Tooth decay is an infectious disease.
- Bacteria can be passed from parents to infants and children.
- Keeping your teeth clean (by brushing with a toothbrush and toothpaste and flossing) can prevent decay and prevent the spread of bacteria.
- DON'T: wet pacifier with saliva, share spoons, pre-chew infants food.



Parents need to know...

- children should brush or have their teeth brushed **AFTER EACH MEAL AND BEFORE BED!**
- use only a **PEA-SIZED** amount of toothpaste with fluoride.



Parents need to know...

DIET AND NUTRITION ARE IMPORTANT!

- balanced diet is a important to oral health as general health.
- food and drink high in sugar cause the most cavities (pop and candy).
- acid production is the greatest in first 20 minutes after eating or drinking.
- amount eaten is less important than how often and how long.



Parents need to know...

HEALTHY SNACKS:

- low sugar
- raw fruits/vegetables
- nuts
- cheese
- yogurt
- unsweetened apple sauce
- fluoridated water

LIMITED SNACKS:

- high sugar (soda pop, candy, pastries)
- sticky foods (fruit chews/roll-ups, raisins)
- chips

Parents need to know...



- look in your child's mouth often
- lift your child's lip to view the gum line.
- look at the back side of the teeth and the biting surfaces.

Dental Visits

Dental Visits

- at age one, and regularly after that
- do not wait until a child is in pain
- new methods can make a visit to the dentist nearly pain free
- medical providers should look at the child's teeth at every well-child visit



**Tooth decay is
preventable!**

Tooth decay is preventable!

- the bacteria that causes decay can be spread from parent to child
- brush your child's teeth after meals and before bed
- use only a pea-sized amount of tooth paste
- take your child to the dentist at age one
- no bottle at bed time, or only water in the bottle
- baby teeth are important!

Questions?

Please make brushing and flossing a part of your family's daily routine.

