

BABYSMILE

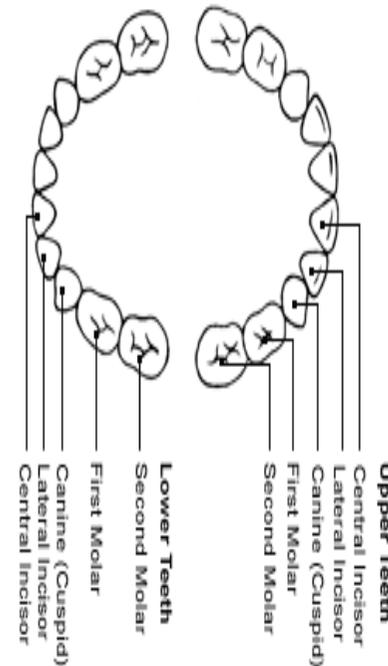
Assessment Date: _____
Name: _____

Date of Birth: _____

Number of Teeth Today: _____



1st Baby Tooth
in at approx. 6
months
Full Set Baby
Teeth = 20
(approx. 2½ - 3yrs)



General Information

- The first baby teeth usually appear in the mouth at about 6 months of age- most often the two lower ones are the first.
- There are 20 baby teeth in total – most have appeared by 2½- 3 years of age.
- The last baby tooth doesn't fall until 11 – 12 years of age – so they have a long life.
- At about 6 years of age permanent teeth appear in the mouth, behind the last baby tooth. If baby teeth are healthy this gives your child a greater chance of having healthy adult teeth.

Additional Information for your Child

Oral Hygiene / Cleaning: _____

Diet / Bottles: _____

Habits / Soothers: _____

Other: _____

Regular Dental Visits: Children should have their mouths and teeth checked at least once a year.

Fissure Sealants – placed by the dentist to prevent cavities on baby and adult teeth

Save Time – Save Money

Prevention of dental disease is much easier and cheaper than treatment (e.g. fillings, crowns & root canals).



Habits

Using soothers ("dodies") or thumb / finger sucking can distort / damage a child's bite. It is best to stop all habits by approximately 12-18 months of age.

Continuing habits beyond 2/3 years of age is highly likely to damage the position of their teeth – this may require orthodontic treatment (braces) to correct at a later date.



Open Bite

Caused by thumb sucking – this affects speech – often causes lisping.



Increased Overjet

Prominent teeth caused by thumb sucking – these teeth more likely to be broken/ damaged.

Bumps & Bangs

Young children often bump their mouths and teeth – especially when they are learning to walk. If your child has damaged their teeth and you have any concerns it is best to have them checked by your dentist.

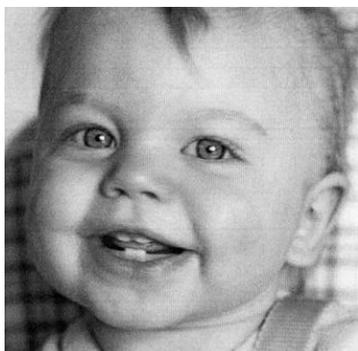
FIRST BIRTHDAY – FIRST DENTAL VISIT

Prevention is better than cure

Mothers to be should have a dental check-up prior to baby being born

When should my child first see the dentist?

An early start in regular dental care is an important step on the road to total health for all children. Paediatric dentists recommend that children should visit a dentist by one year of age; by starting early many dental problems can be avoided completely.



Why are baby teeth so important?

Healthy baby teeth (primary teeth) have 4 important functions, they help children to -

1. Chew properly
2. Speak clearly
3. Have nice smile / appearance
4. The most important function of primary teeth is that they hold the space for and then guide the permanent teeth into their correct position(s)

Baby teeth have a long life – many children don't lose the last baby tooth until 11 – 12 years of age

WHAT ABOUT CLEANING BABIES TEETH?

Parents should start cleaning their baby's teeth as soon as the first tooth appears at about 6 months of age.

1. Initially wipe teeth with a piece of gauze or a damp face cloth daily.
2. One parent to hold child, one parent to dry brush – no toothpaste or water until a child is 2 years of age (unless advised by a dentist).
3. Switch to a toothbrush as the child gets older and more teeth have appeared (8 – 10 teeth). A soft toothbrush with a small head is best.
4. Wipe / clean your baby's teeth in the morning and after the last feed at night

No Food or Bottles/drinks after night cleaning

Tooth Decay is very common in children and can start very early

Tooth Decay is Completely Preventable

DIET

- No child is born with a sweet tooth.
- Sugar causes tooth decay – it has no nutritional value and does not need to be added to baby's food or drinks.
- The most tooth friendly drink is Water.

BOTTLES, FEEDING AND BABIES

- **Never** give sweetened drinks; squash, ribena, juices or even milk / formula in a bottle at night (once teeth appear six months of age).
- Wean to a beaker or cup from child's first birthday.
- Keep sugary foods and drinks to mealtimes only – avoid snacks containing sugar between meals.



3 Year old child
Healthy Baby Teeth –
No drinks in bed at Night.



3 Year Old Child With
extensive decay in Baby
teeth – a bottle of Milk was
taken to bed Every Night.

Prolonged “on-demand” breastfeeding can also cause tooth decay – wean by 1 year.

Night Time Routine

Feed Baby, Clean Teeth, Then Put To Bed

Do Not Feed Baby In Bed

Remember: Be careful of “hidden” sugars – Sugar comes in many forms – also called glucose, fructose, maltose & galactose.

Foodstuffs that are “sticky” and contain sugar can damage teeth – e.g. Raisins, Honey, Ketchup also contain sugar. These should be used only occasionally.

Untreated tooth decay in baby teeth spreads rapidly. It can also damage permanent teeth nearby in the mouth or the permanent teeth forming directly underneath the baby tooth.

If you have any concerns – contact your dentist – don't wait.