

Healthy Teeth



for Mom & Me

State of Wisconsin
Department of Health and Family Services
Division of Health Care Financing

Anticipatory Guidance Handbook

Schedule
Educational Information
Patient Handouts

Adapted from materials developed by the
State of Nevada
Department of Human Resources
Health Division
Bureau of Family Health Services
Maternal and Child Health
April 2000

Infant and Toddler Oral Health Anticipatory Guidance Schedule

AGE	APPROPRIATE GUIDANCE
Prenatal	<ul style="list-style-type: none"> • Importance of good oral health for mother • Signs of disease • Preventing disease • Basic Screening Survey • Eat a balanced diet • Establish a dental home, if possible, for teeth exam and cleaning
1 month	<ul style="list-style-type: none"> • Function of baby teeth • Importance of baby teeth • How decay occurs • Begin cleaning baby's gums with a clean washcloth • Develop good feeding habits
3 months	<ul style="list-style-type: none"> • Appropriate bottle use • Appropriate breast feeding • Comforting tips
6 months	<ul style="list-style-type: none"> • Characteristics of Early Childhood Caries • Causes of Early Childhood Caries • Effects of Early Childhood Caries • Prevention of Early Childhood Caries • Assure optimal dietary fluoride source with appropriate water testing and guidance • Introduce baby to drinking from a sippy cup
9 months	<ul style="list-style-type: none"> • Importance of cleaning baby teeth • How to clean baby teeth • Teach "Lift the Lip"
12 months	<ul style="list-style-type: none"> • Switching from breast or bottle onto cup • Importance of regular dental care • Resources for dental care • Basic Screening Survey/ Screen for ECC • Establish dental home with an oral health provider
18 months	<ul style="list-style-type: none"> • Healthy eating and scheduled snacking
24 months	<ul style="list-style-type: none"> • Establish that healthy behaviors have been implemented • Screen for Early Childhood Caries

Oral Health Anticipatory Guidance

Prenatal

Objective: Expectant moms will learn the importance of their own oral health, their unborn child's oral health and learn how to improve it.

Educational Information:

1. Baby's first set of teeth begins to form when the mom is about four-month's pregnant.
2. Healthy mouths are important for pregnant moms not only for their own comfort and health, but also for their baby's health.
3. Expectant mothers with poor oral health and gum disease have an increased risk of delivering low birth weight babies. This is because the infection in the mother's mouth can affect hormone levels that can cause premature labor.
3. Dental decay is a transmissible, preventable infectious disease. The bacteria that cause the disease can be passed from mother to child. This is caused from a *different* bacterium (germ) than the bacteria, which is related to gum disease.
4. Signs of dental disease include:
 - Bad taste in mouth
 - Persistent bad breath
 - Red or swollen gums
 - Tender gums
 - Gums that bleed during toothbrushing
 - Loose or separating teeth
 - Sensitive teeth
 - Pain when chewing
 - Pus around teeth and gums
 - Calculus (tartar), the hard deposits that form on tooth surfaces
5. Pregnant moms can reduce their risk of dental diseases with daily brushing and flossing, good nutrition, avoiding tobacco products and receiving regular dental care.

Pregnancy and Oral Health

Oral health is important during pregnancy and should not be neglected. The two most common forms of dental disease are tooth decay and gum-disease. Dental disease is caused by bacterial infection. Pregnant moms with gum disease are more likely to have premature or low birth weight babies because of the infection! In addition, the germs that cause dental decay are passed from your mouth to your infant's mouth by blowing on their food, putting pacifiers in your mouth or kissing them. If your mouth is healthy your baby's mouth will have a healthier start.

Warning Signs of Dental Disease

- Bad taste in mouth
- Persistent bad breath
- Red or swollen gums
- Tender Gums
- Gums that bleed during toothbrushing
- Loose or separating teeth
- Sensitive teeth
- Pain when chewing
- Pus around teeth and gums
- Calculus (or tartar), the hard deposits that form on tooth surfaces



How to Prevent Dental Disease:

Some women have dental problems during pregnancy. Hormone changes can make your gums sore and swollen and cause bleeding. In most women brushing and flossing the teeth daily can prevent this. Brush after breakfast and before bedtime, using fluoridated toothpaste. Flossing reaches in between the teeth where the bristles of the toothbrush can not.

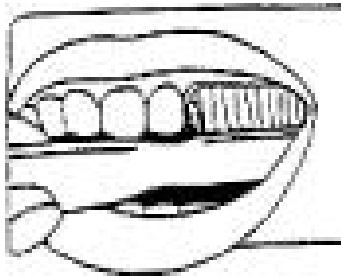
Nutrition is very important during pregnancy because your baby receives nutrients from you. By eating right, you can start caring for your teeth and your baby's teeth as soon as you find out you are pregnant. Be sure to eat foods with calcium and Vitamin D every day. Your doctor can give you advice on how to eat well during your pregnancy.

It is important to see your dental professional during your pregnancy to prevent dental problems. Be sure to make a dental appointment before your baby is born. If you need help finding a dentist call **INSERT HMO NUMBER HERE**

Techniques of Brushing How to Brush Your Teeth

1. Wash your hands first.
2. Do not share your toothbrush with anyone.
3. Place a pea-size dab of fluoridated toothpaste on a soft bristled toothbrush.
4. Place the bristles along gumline at a 45-degree angle. Bristles should contact both the tooth and the gumline. Brush your teeth and gums.
5. Gently brush 1-2 teeth at a time using a vibrating back and forth rolling motion.
6. Gently brush 1-2 teeth at a time moving in an established pattern (left to right, inside to outside, top to bottom).
7. Brush the outside of all teeth, then inside of all teeth.
8. Maintain a 45-degree angle with bristles contacting both the tooth and gumline.
9. Tilt brush vertically behind the front teeth. Make several up and down strokes using the front end of the brush.
10. Brush chewing surfaces last with a firm back and forth motion to remove cavity-causing germs.
11. Do not forget to brush your tongue.
12. Brush after breakfast and most important before bedtime. Never go to bed without brushing and flossing your teeth.
13. Replace your toothbrush every 2 -3 months or when the bristles begin to flare. If you get a cold or sore throat replace it sooner. Replace 24 hours after beginning antibiotic treatment for bacterial infections.

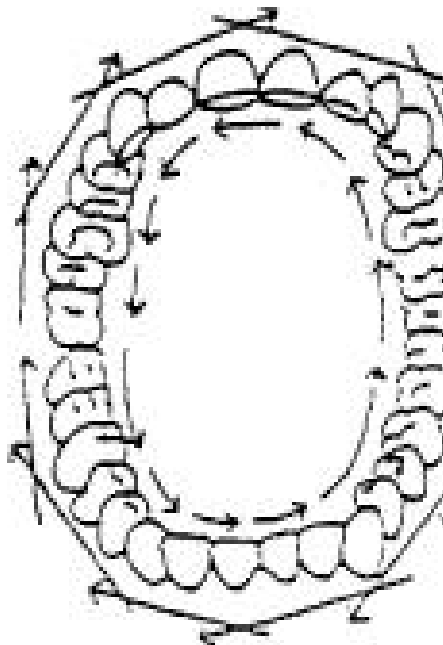
How to Brush Your Teeth



Brush the outsides and the insides of your upper and lower teeth. Angle the soft bristles 45 degrees, along gums and teeth.



Brush the insides of front teeth with the front part or toe of the brush.



Brush the chewing surfaces last, with a firm back and forth movement to remove cavity-causing germs.

Techniques of Flossing

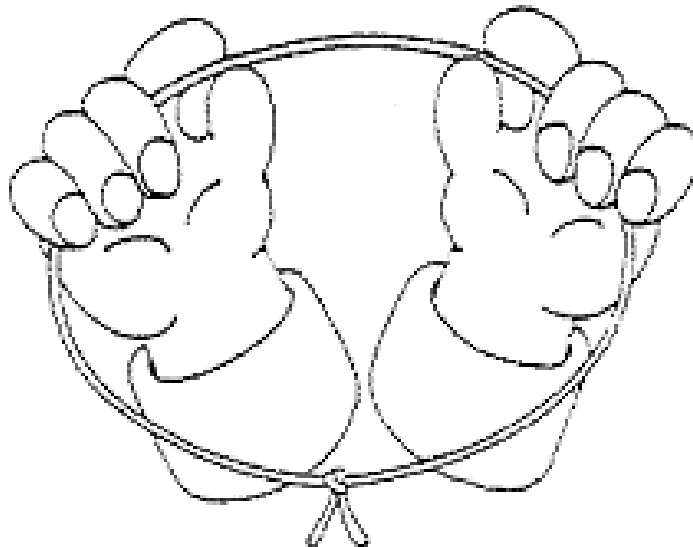
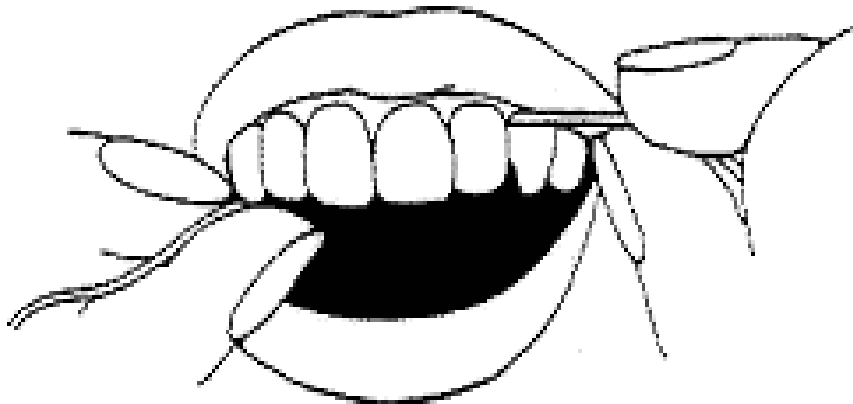
How to Floss Your Teeth

Flossing is necessary to remove plaque from between the teeth and below the gumline. It is important to clean these areas thoroughly because dental decay and gum disease often starts in these areas where the bristles of a toothbrush can not reach. You may have gum disease if your gums bleed when you brush or floss your teeth. Bleeding gums are not normal. They are inflamed and can lead to infection. There are many ways to hold dental floss. The following is one suggested method.

1. Tear off about 18 inches of floss.
2. Wrap floss around the middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1 — 2 inch length in between.
3. Use thumbs to direct floss between upper teeth. Use index fingers to direct floss between lower teeth.
4. Gently guide floss between the teeth by using a zigzag motion. **TO PREVENT CUTTING GUMS, DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Wrap floss in a "C" shape around side of the tooth and gently slide underneath the gums.
5. Slide floss up and down, (not back and forth), against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.
6. FLOSS at least once a day, every day.
7. Bleeding and discomfort will stop after about one week of daily flossing.

Flossing Your Teeth
Use dental floss to clean the sides of your teeth.

Floss goes under the gum line. It must clean tooth surfaces on both sides of every space.



Holding floss tied in a circle.

Oral Health Anticipatory Guidance

1 MONTH

Objective: Communicate the importance of baby teeth

Educational Information:

1. Healthy baby teeth are important for infants and children so that they can:

- avoid pain
- eat properly
- pronounce words properly
- have good general health
- sleep well
- focus on learning
- have healthy adult teeth
- have good self-esteem

2. Decay occurs when there are four factors present:

- **Bacteria.** These bacteria can be transmitted from caregiver to child.
- **Teeth.** This is why it is important to start cleaning baby teeth as soon as they come in.
- **The proper environment.** All foods that contain any type of sugar (natural or refined) cause the bacteria to start producing acid. This acid is what causes tooth decay.
- **Time (Frequency).** The more frequently or longer foods/beverages that contain sugar are present in the mouth with bacteria the longer the teeth are exposed to cavity-producing acid.

3. Begin cleaning your baby's gums with a clean, wet washcloth.

- Following feeding or at bath time.
- Bacterial plaque forms on gums and teeth in a 24 hour time period, even at this age.
- Beginning now will get baby used to having a caregiver help them.

Baby Teeth are Important

Children need healthy baby teeth to:

1. Be able to eat properly.
2. Learn to talk properly (pronounce words and make sounds).
3. Be able to sleep comfortably.
4. Be able to learn without being distracted by dental pain.
5. Have good general health.
6. To hold space for the adult teeth so the adult teeth don't come in out of line.
7. Reduce the chances of having cavities in the adult teeth.
8. Have a happy smile!

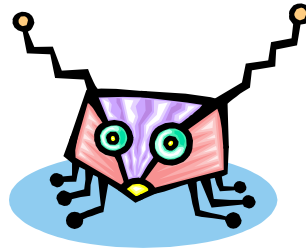
Healthy Smile — Happy Child



Dental Decay is an Infectious Disease

In order for tooth decay to occur, there must be four things:

1. **Bacteria.** Infants are not born with the bacteria that cause dental decay. They are infected, usually by their caregiver, through saliva. Caregivers can infect the child with the bacteria by sharing eating utensils such as a spoon or glass, sharing food, and pre-chewing food for the baby or cleaning off a baby bottle nipple or a pacifier with their mouth.



2. **A tooth.** As soon as a baby gets his/her first tooth, it is important to start cleaning the baby's mouth and teeth.



3. **The proper environment (foods containing sugars).** All foods and drinks that contain any kind of sugar, allow the bacteria to start producing acids. Even "natural" sugars like those found in milk and juice can cause acid production. These acids are what cause cavities in teeth.
4. **Time or Frequency.** The longer foods/beverages that contain sugar are present in the mouth with bacteria the longer the teeth are exposed to cavity-producing acid. Do not allow your child to carry a bottle or cup around with them as it encourages frequent sipping.

Oral Health Anticipatory Guidance

3 MONTHS

Objective: Appropriate infant feeding practices

Educational Information:

1. Bottle-feeding

- Bottles are for nutrition. They should only be used to feed babies who are not breast-feeding or who are not yet able to drink from a cup.
- Offer only formula, breast milk or water from a bottle.
- Offer the bottle at feeding time. The bottle is not a toy or a pacifier.
- Sleeping time is not feeding time. Do not put baby to bed with a bottle. Putting a baby to bed with the bottle increases the risk of the baby developing Early Childhood Caries.

2. Breast-feeding

- If you are breastfeeding, remove baby from the breast as soon as the baby is finished feeding. Allowing the baby to nurse for long periods of time increases the baby's chance of developing Early Childhood Caries. Even breast milk can cause Early Childhood Caries.

3. Comforting tips

- Offer a blanket, stuffed animal, or favorite toy instead of a bottle at sleep time.
- Give your baby a warm bath before bedtime.
- Rock the baby to sleep.
- As a last resort, allow WATER ONLY in the bottle.
- Remember that it may take 3 to 7 nights of crying to break the bedtime bottle habit.

Healthy Infant Feeding Practices

Proper bottle use is the first step in preventing dental problems.

- Bottles should be used to feed babies who are not breastfeeding or who are not yet able to drink from a cup.
- Feed only formula, breast milk or water from a bottle, never juice.
- Offer the bottle only at feeding times. A bottle is not a toy or a pacifier.
- If you are breastfeeding, remove your baby from your breast as soon as baby is done feeding. That way, your baby's teeth do not come into contact with the natural sugars in breast milk for long periods of time.
- Sleeping times are not feeding times. Do not put baby to bed with a bottle. The sugar in formula, milk, juice and sweetened drinks can decay the teeth if it stays in baby's mouth during sleep. The baby who goes to bed with a bottle can get painful tooth decay. Instead you can:
 - Offer a blanket, stuffed animal or favorite toy instead of a bottle at sleeptime.
 - Give the baby a warm bath.
 - Rock the baby to sleep.
 - As a last resort, allow **WATER ONLY** in the bottle.
 - It may take about 3 to 7 nights of the child crying to break the bedtime bottle habit.



Oral Health Anticipatory Guidance

6 MONTHS

Objective: Knowledge of causes, effects and prevention of Early Childhood Caries (ECC), to include review or scheduling of appropriate dietary fluoride supplements for the infant. Begin to introduce baby to a sippy cup.

Educational Information:

1. Characteristics of Early Childhood Caries

- Early Childhood caries develops VERY quickly.
- Often teeth are completely destroyed within 6 months.

2. Effects of Early Childhood Caries

- Early Childhood Caries causes MANY problems for the child and the parents.

3. A child is at increased risk for the development of Early Childhood Caries if:

- The child is put to sleep with a bottle or at the breast.
- The child is put to sleep after feeding, without having the teeth wiped off with a wet cloth or brushed.
- The bottle is used for comforting instead of nutrition.
- The child is not weaned soon enough.
- Regular cleaning of the teeth is not started as soon as the teeth come in.
- The caregiver has a lot of untreated tooth decay.

4. Early Childhood Caries can be prevented

- Don't put baby to sleep with a bottle or at the breast.
- Don't prop the bottle.
- Don't use the bottle for comforting.
- Only use the bottle to feed baby milk, formula, breast milk or water.
- Start cleaning teeth as soon as they come in.
- Clean baby teeth right before bedtime.
- Wean baby by one year of age.

5. Talk with the caregiver about the baby's source of dietary fluoride, especially in areas with non-fluoridated water systems.

- Well water should be tested for fluoride content.
- An oral health provider and/or local health department can monitor optimal fluoride intake.

6. Begin introducing baby to a sippy cup.

Facts about Early Childhood Caries

What are the characteristics of Early Childhood Caries?

- It develops VERY rapidly
- The upper front teeth are the first teeth to be affected
- As the disease progresses, the baby molars are affected
- When the disease becomes very severe, the lower front teeth are affected

What are the effects of Early Childhood Caries?

- Pain for the baby
- Unsightly changes in primary teeth
- Difficulty in chewing
- Difficulty learning to speak
- Difficulty sleeping
- Difficulty learning
- Poor general health
- Crooked or crowded permanent teeth
- Increased risk of decay in permanent teeth
- Poor self esteem
- Costly tooth repair which usually requires hospitalization and general anesthesia

What causes Early Childhood Caries?

- Giving baby a bottle to sleep with.
- Offering juice or sweetened formula in a bottle.
- Sleeping all night at the breast.
- Propping a bottle.
- Using a bottle as a pacifier.
- Using a pacifier dipped in sugar, corn syrup or anything sweet.
- Allowing baby to carry a bottle throughout the day, frequently sipping.

How can Early Childhood Caries be prevented?

- Hold your infant while feeding.
- Don't prop a bottle or allow a child to fall asleep with a bottle.
- Don't use a bottle as a pacifier.
- Don't give baby a pacifier that has been dipped in anything sweet.
- When you start your baby on fruit juice, use only a cup.
- Feed ONLY formula from a bottle (don't give juice or sweetened drinks from the bottle).
- Don't feed babies soda pop, Kool-Aid or other sweetened drinks.
- Start using a sippy cup at 6 to 9 months.
- Wean your baby off the bottle by one year of age.
- Clean your baby's teeth as soon as they come in.
- Assure your infant is receiving the appropriate level of dietary and topical fluorides for the prevention of dental decay. Ask your health professional.

Oral Health Anticipatory Guidance

9 MONTHS

Objective: Learn about infant oral hygiene

Educational Information:

1. It is important to take care of baby teeth

- Baby teeth are important.
- Early Childhood Caries causes lots of problems.
- Early Childhood Caries can be prevented. It is not inherited.
- As soon as the baby teeth start to come in, they need to be cleaned.

2. How to clean baby teeth

- Clean baby's mouth by wiping the teeth and gums with a wet cloth or gauze.
- Brush teeth with a small, soft bristled toothbrush using a pea-sized dab of toothpaste or just water.
- Consider the use of an infant safety brush.

3. It is important to check for any signs of Early Childhood Caries

- Parent's/caregivers should be encouraged to examine their babies teeth on a weekly basis.
- If Early Childhood Caries is detected soon enough, its progress can be halted and sometimes even reversed.

4. It is easy to check for signs of Early Childhood Caries

- Lift the baby's upper lip and look for any white or brown spots on the four upper front teeth.
- Look at both the front and the backside of the teeth.
- It is easiest to do this with two people. One to hold the baby and the other to lift the lip and look.
- Do this at least once a week. **REMEMBER!** Early Childhood Caries can progress **VERY FAST!**

Care of Teeth Begins Early In Life

1. Teeth should last a lifetime! Tooth decay and problems can be avoided by the daily removal of plaque.
2. Plaque is made up of germs that live on your teeth, all the time. Plaque should be removed everyday to stop the germs from making acid that can cause tooth decay.
3. Wipe baby's gums and teeth with a clean cloth or gauze daily or brush with a small soft bristled toothbrush or infant safety brush that is not worn out or frayed, using a small pea-sized dab of toothpaste or just water.
4. When brushing:
 - Point the toothbrush bristles towards the gumline.
 - Use short back and forth strokes.
 - Brush the inside, outside, back, front, and chewing surface of each tooth.
 - Brush the tongue.
 - Help your child brush everyday until around age 7.

Your Child Will Learn from You...Set a Good Example



Oral Health Anticipatory Guidance

12 MONTHS

Objective: To wean from bottle/breast to cup and to emphasize preventive dental care.

Educational Information:

1. By one year of age, babies should be weaned off the bottle.

- Allowing baby to use a bottle after 12 months increases the risk of developing early Childhood Caries.
- The longer the child is on the bottle, the harder it will be to wean them.
- The key to weaning is patience. It will take time for baby to adjust to the change.

2. Regular dental care is important because:

- Early Childhood Caries can start at a very early age and progress very rapidly, the American Academy of Pediatric Dentists recommends the first visit to the dentist no later than 12 months of age or 6 months after the first tooth erupts in order to intercept any potential problems.
- Good dental experiences in childhood will lead to lifelong practices of good health.
- Prevention is much less expensive than treatment.
- Prevention can be scheduled at times that are convenient.
- Prevention is much less traumatic for the child.
- The early stages of Early Childhood Caries may be stopped and even reversed by using fluoride treatments.

From Bottle to Cup

Weaning is teaching your baby to drink from a cup and not the bottle or breast. Begin weaning around 6 months. Try to completely wean your child by 1 year of age.

Remember:

- Children's teeth can decay unless weaned by about age one.
- The longer a child is on the bottle, the harder it will be to wean.
- The key to weaning is patience and understanding
- Weaning helps prevent tooth decay

Start Early!

At an early age the baby will want to hold things and put them in his mouth. One of these things can be a small cup. Your baby will learn to put it in his or her mouth by playing with it.

- After your baby is familiar with the cup and is able to put it in his or her mouth, put a few drops of formula in it at each meal.
- Do not hold the cup for your baby.
- Be patient. It will take your baby time to learn to drink from a cup. Let your baby develop the pride of learning to drink from a cup by him or her self.
- Sing, read, hold or rock your child to comfort them instead of giving in to his or her crying for a bottle.
- Babies should be drinking from a cup by their first birthday.
- Some parents hide or give away all the bottles on the target date for weaning or
- Let the child throw away his or her bottles and make a celebration of using the cup.



Oral Anticipatory Guidance

18 MONTHS

Objective: Promote healthy eating habits

Educational Information:

1. Nutritious foods and beverages are needed for healthy teeth and gums.
2. Encourage good eating habits. Choose a variety of foods from each of the food groups. Set regular meal and snack times.
3. When your child is thirsty, offer water. Avoid sweet drinks such as soda pop, Kool-Aid, Hi-C, Tang, and fruit punch.
4. Help your child control a "sweet tooth". Avoid candy, cookies, cake, pastries, Jell-O, doughnuts, and granola bars.
5. The number of cavities an individual gets depends on:
 - How many times they eat each day
 - How long the food is in the mouth
 - How sticky the food is
6. It is especially important to brush after eating foods that stick to teeth such as:
 - Candy
 - Raisins and dried fruit
 - Peanut butter
 - Syrup and honey
 - Jelly and Jam
 - Crackers
 - Soft bread

Food Facts for Healthy Teeth

1. Choose healthy foods that are good for your body!
2. Good eating habits are formed at an early age continue through out life.
3. Eating foods that stick to the teeth and have a lot of sugar like candy, sweetened cereal, raisins, and fruit roll-ups increase the risk of getting cavities.
4. The number of cavities you get depends on:
 - How many times you eat each day
 - How long the food is in the mouth
 - How sticky the food is
5. Best Bites!
 - Soft canned fruits and vegetables
 - Pizza
 - Pretzels (remove these snacks popcorn, raw fruits and veggies - dangerous)
 - Bagels or pita bread
 - Whole grain crackers
 - Meat and cheese slices
 - Plain yogurt, unsweetened applesauce or fruit cups
 - Milk-low fat or skim for children over 2 years
 - Unsweetened fruit or vegetable juice (limited intake).



Oral Health Anticipatory Guidance

24 MONTHS

Objective: Implementation of healthy behaviors

Educational Information:

1. Young children are unable to brush effectively by themselves until they are about 6 or 7 years old. In order for young children to have healthy teeth, caregivers need to assist children with oral hygiene.

It takes coordination and understanding, time and effort to do a good job...and it is important it is done well. When the child can wash his or her own hair without help or supervision is when they are ready to brush their own teeth.

2. By 12 months of age, children should be completely off the bottle. Toddlers should never be allowed to carry a bottle around with them.
3. Foods containing both natural and processed sugars contribute to cavities. The frequency of a child's sugar consumption is very important. The more often a child eats or drinks foods containing sugars, the greater their risk of developing decay. Foods that are sticky and that cling to the teeth are especially harmful.
4. Check the child's teeth using the "Lift the Lip" technique.
 - If the teeth appear clean and healthy, compliment and congratulate the caregiver.
 - If the teeth do not appear clean, show the caregiver and explain that the child is at increased risk of developing problems with their teeth.
 - If there are white or brown spots on the teeth, show the caregiver, and refer them to a dental care provider.



Your Child Can Have Healthy Teeth!

Brush

- Brush baby teeth as soon as they come in.
- Brush every day, especially before bedtime.
- Assist Children with brushing until they are about six or seven.
- Assist children with flossing until they are about nine.

Use a Cup

- Take baby off the bottle by 12 months of age.
- Don't let children carry a bottle or a sippy cup around.
- Never put baby to bed with a bottle or sippy cup.

Healthy Eating

- Provide healthy snack choices.
- Offer scheduled snack times between meals.
- Avoid sweets, especially those that can stick to teeth.

Consult with your oral health provider to assure that your child receives the appropriate dietary and topical fluoride intake during tooth development, age 6 months to 16 years.