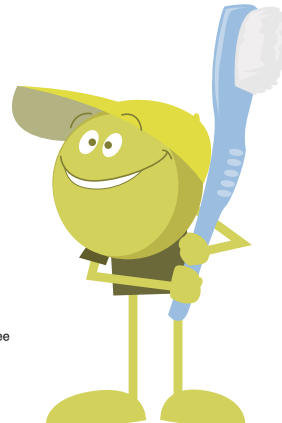


# GOOD ORAL HYGIENE HABITS BEGIN WITH PARENTS

1. Care for your baby's gums before teeth develop.  
*Tip: After feeding, clean your baby's mouth by wrapping a damp cloth around your finger and wiping the gums, tongue, and inside of cheeks.*
2. Check if your child's teeth are erupting in a timely manner and correct sequence. *Tip: Take your child to the dentist before their 1st birthday.*
3. Build a dental home for your child.  
*Tip: Take your child to the dentist every six months so they become comfortable with their dentist and establish good oral health habits.*
4. Brush your child's teeth and tongue two times a day for two minutes. *Tip: Use a pea size amount of toothpaste for children age 6 months to 2 years and a bean size for children age 3 years to 6 years.*
5. Flossing before bed cleans out stuck food that can cause cavities between teeth. *Tip: If flossing is too difficult, use a proxy brush or Waterpik.*
6. It is important to change your child's tooth brush every three months. *Tip: When the seasons change, change toothbrushes!*
7. Many early cavities start with white spots and turn brown. *Tip: After helping your child brush, do a quick exam of their mouth. If you notice white spots or bleeding gums, visit your dentist.*
8. After eating, don't leave pieces of food in the mouth. *Tip: Have your child drink water after meals as a way to cleanse the mouth of any food debris left behind. Many children's medicines contain sweeteners so make sure to brush and wipe your child's teeth afterwards.*
9. Keep the germs away! Bacteria can spread from sharing spoons, cups, toothbrushes or anything that goes in the mouth. *Tip: Don't let your child share utensils that have already been used by someone else.*



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# PARENT TIP SHEET:



Learn How to Care for Your Child's Oral Health



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# FUN BOOKS AND ACTIVITIES ABOUT DENTAL CARE AND DENTAL VISITS!



- The Magic School Bus and the Missing Tooth** by Jeanette Lane (Cartwheel Books, 2007)
- Little Bear Brushes His Teeth** by J. Langreuter (Millbrook Press, 1997)
- The Berenstain Bears Visit the Dentist** by Stan and Jan Berenstain (Random House, 1981)
- Arthur Tricks the Tooth Fairy** by Marc Brown (Random House, 1998)
- Show Me Your Smile! A Visit to the Dentist (Dora the Explorer)** by Christine Ricci (Simon Spotlight, 2005)
- Franklin and the Tooth Fairy** by Paulette Bourgeois (Scholastic Paperbacks, 1996)
- The Tooth Book** by Dr. Seuss writing as Theo LeSieg (Random House, 2000)
- I Know Why I Brush My Teeth** by Kate Rowan (Scholastic, Inc. 2000)
- Open Wide: Tooth School Inside** by Laurie Keller (Henry Holt & Co., 2000)

## ANDROID APPS

- Dentist Games for Kids** by AppQuiz
- My Dentist Game** by Bubadu
- Dentist Fear** by LPRA Studio

## IPHONE APPS

- Dentist Games for Kids Educational doctor games** by Edujoy Entertainment
- Dentist Mania: Doctor X Crazy Clinic** by Kids Fun Club by TabTale
- Little Dentist – kids games & games for kids** by George CL

## YOUTUBE VIDEOS

- Tooth Brushing Song** by Blippi
- Brush Your Teeth Song | Good Habits Nursery Rhymes For Children** by ChuChu TV
- No More Nasties: Brushing for Kids!** by Colgate US
- Brush Your Teeth** by Wonder Groves Kids
- YouTube videos on how to brush: Fones Method** by Natasha Lynn
- Brushing Techniques Charters** by Columbia College Calgary



# Q&A FOR PARENTS

## Q. When do baby teeth start to come in?

**A.** The first baby teeth usually appear at 6 months.

## Q. When should my child have their first dental visit?

**A..**Your child should see the dentist before their first birthday.

## Q. Are baby teeth important?

**A.** Baby teeth are extremely important. They help develop the structures of the face and jaw, and make space for adult teeth to erupt in the proper position.

## Q. Should I be concerned if a baby tooth has cavities?

**A.** Yes, if a baby tooth has cavities it can cause your child pain. If the cavity is large it can damage the permanent tooth.

## Q. At what age should my child start using a sippy cup?

**A.** Your child should start using a sippy cup by the age of 6 months, and be weaned off baby bottles by age 1.

## Q. At what age should my child stop using a pacifier?

**A.** By age 2 your child should no longer be sucking their thumb or using a pacifier. Prolonged pacifier use might cause a child's teeth to be misaligned or not come in properly.

## Q. Why is it important to stay away from sugary and sticky foods?

**A.** Sugary and sticky foods linger on teeth longer than other foods and can produce bacteria. The bacteria makes plaque that causes cavities and gum disease.

## Q. Is fluoride safe for my child?

**A.** At the recommended dosage, fluoride is safe and helps your child develop strong and healthy teeth.

## Q. If I have a terrible dental history, is my child also at risk?

**A.** Studies have found that if either parent has a history of cavities or gum disease, the child is genetically also likely to be at risk.

## Q. What is the best way to protect my child from dental disease?

**A.** The best way to protect your child's teeth is to visit the dentist every six months, eat healthy and practice good oral care by brushing twice a day and flossing.

# WHAT IS YOUR CHILD'S RISK LEVEL FOR DEVELOPING DENTAL DISEASE?

FACTORS	LOW	MODERATE	HIGH
Frequency of cavities	No new cavities in the last 24 months		Cavities or fillings in the last 24 months
Family history - mother, father, siblings, or caregiver	No history of cavities, gum disease or missing teeth within 24 months	History of cavities, gum disease or missing teeth within seven to 23 months	History of cavities, gum disease or missing teeth within the last six months
Visible plaque	No	Yes	Yes
Fluoride exposure	Yes	No	No
Sugar consumption	Only during meal times	One to two snacks between meals	Frequently throughout the day or before bed
Dental home	Established visits every six months	Dental home last visit more than six months ago	No dental home visit during past year