

Building Healthy Smiles



A healthy mouth is
important for a
healthy body

Acknowledgements

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Building Healthy Smiles



A healthy mouth is
important for a
healthy body

Before and during pregnancy

Pregnancy is a special time. How you look after your teeth and gums can affect your baby's health as well as your own.

Before you become pregnant

- Brush your teeth and gums twice a day with a soft tooth brush and fluoride toothpaste. Spit out the paste and don't rinse.
- Encourage your partner to brush regularly too!
- It is safe to visit the dentist when you are pregnant, but a visit to the dental professional before you become pregnant is even better.

When you become pregnant

- Brush your teeth and gums at least twice a day with a soft tooth brush and fluoride toothpaste. Spit out the paste and don't rinse after brushing.
- If you are pregnant or suspect you may be, it is important to tell your dental professional when you visit.
- Dental treatment between three and six months is the best time for you and your baby.
- Smoking can harm your teeth and gums and baby.

For help to stop smoking -

- Call the **QUITLINE** on **13 7848**
- Visit www.quittas.org.au
- Download the free **Quit for You - Quit for Two** or My QuitBuddy app to your smart phone from iTunes, Google Playstore or Windows Phone Store

Before and during pregnancy



Brush twice a day with fluoride toothpaste. Spit out and don't rinse

 **Quitline**
13 7848



Make time for a dental check-up



Morning Sickness

During pregnancy you may get morning sickness or gastric reflux (heart burn).

Stomach contents from vomiting and reflux are acidic.

This stomach acid may increase the risk of tooth decay and erosion.

After vomiting or reflux

- Rinse your mouth immediately with tap water.
- Rub a little fluoride toothpaste around your teeth with your finger.
- Don't brush for at least 30 minutes.
- After 30 minutes, gently brush your teeth and gums with a small, soft toothbrush and a pea sized amount of fluoride toothpaste.
- Try chewing a sugar free chewing gum to stimulate saliva.

Cravings

- Some women experience unusual food cravings and nausea while they are pregnant.
- Frequent snacking on sugary snacks and soft drinks to satisfy cravings may increase your risk of tooth decay.
- Try to snack on low-sugar foods instead.
- If nothing but sweetness will satisfy your craving, try to choose healthier options such as fresh fruits.
- Rinse your mouth with water, or brush your teeth after having sugary snacks.

Morning Sickness



- Stomach contents are acidic
- Vomiting or gastric reflux make your mouth acidic

After vomiting



- Rinse with water
- Smear teeth with a little fluoride toothpaste



- Don't clean for at least 30 minutes after vomiting
- Chew sugar free gum

Pregnancy and gum disease

- During pregnancy, hormonal changes can cause an exaggerated response of the gums to plaque germs.
- The gums may become tender, red and swollen (rather than pink) and bleed easily. This is called gingivitis. It is usually not sore or painful. It can be reversed by thoroughly removing the plaque that constantly forms on the teeth.
- Gingivitis left untreated may progress to periodontal disease.
- Periodontal disease is a severe form of gum disease where there is a loss of tissue and bone that hold the teeth firm. It is not reversible.
- Severe gum disease has been linked to an increased risk of premature births and babies with low birth weight.

What can you do?

- Brush along the gumline thoroughly twice a day with a soft toothbrush and fluoride toothpaste.
- It is important to continue gently brushing your gums even if the gums bleed.
- The gums will bleed less as they become healthier.
- Seek professional dental help.
- If you smoke try to give up. Smoking damages the gums and bones supporting the teeth.

Pregnancy gum disease



- Red and swollen gums that may bleed easily
- Visible plaque around the gum line
- Bad breath

What can you do?



- Continue to gently brush your gums
- Use a soft toothbrush with a small head
- Brush twice daily with fluoride toothpaste
- Spit out the toothpaste and don't rinse

Brush well

Brush twice a day

- After breakfast and before going to sleep.
- Use a pea sized amount of fluoride toothpaste.
- Use a soft toothbrush.
- Spit out and don't rinse.

Does brushing make you feel sick?

- Try a smaller headed child's toothbrush.
- Brush later in the day when you may not gag as much.
- Concentrate on your breathing when cleaning the back teeth.
- Brushing without toothpaste may help - but smear some fluoride toothpaste on your teeth afterwards and don't rinse.
- Return to brushing with fluoride toothpaste as soon as possible.

What about fluoride?

- Fluoride is a natural element. It is found in rocks and soils, water and foods.
- Fluoride strengthens the teeth and helps prevent tooth decay.
- It reduces the amount of decay producing germs in your mouth.
- Fluoride in toothpaste and water does not harm your developing baby.

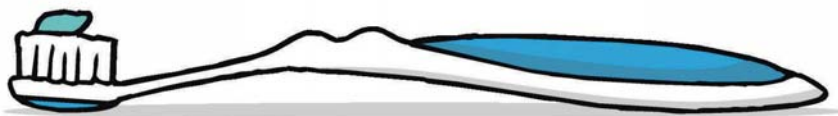
Brushing is for all the family.

Encourage your partner and family to brush regularly.

Brush Well



Brush morning and night



**Spit out and don't rinse
Partners too!**

Eat well in pregnancy

If you eat well in pregnancy you will give your baby the best start possible in life.

How?

- Choose a wide variety of healthy foods and snacks that are low in fat, sugar and salt.
- Include fruits, vegetables, dairy food, grains and lean meats in your everyday diet.
- Try not to eat or drink many sweet foods and drinks.
- 'Sometimes or occasional' foods are for special events not for everyday consumption.

Why

- These 'occasional or sometimes' foods and drinks (such as soft drinks, energy drinks and cordials, muesli bars, chips, fruit roll ups, dried fruits) may cause tooth decay and gum disease.
- If you really can't stop eating these sweet foods try and only have them with a meal.

Calcium

- Calcium is important for your teeth and bones, as well as your baby's - choose foods such as reduced fat milk or calcium fortified alternative, almonds, hard cheeses, sardines, tinned salmon, broccoli and baked beans.

Need some more information?

- Speak to your maternal health worker.

Eating well for you and baby



**Occasional foods and drinks are
not 'everyday' foods**



Choose tap water for all the family

- Tap water is the best and cheapest thirst quencher for all the family.
- Use it to rinse out your mouth after vomiting or after eating sugary foods and drinks.
- Choose plain milk in preference to flavoured milk.
- Limit fruit juice - choose water and eat the whole fruit instead.

Choose tap water everytime!



**Tap water is the best
drink for all the family**



A healthy mouth is important for a healthy body

Poor oral health has been linked or associated with general health conditions such as diabetes, cardiovascular disease - stroke and heart disease, respiratory disease and low birth weight and premature babies.

Children need healthy teeth to:

- Eat a wide variety of foods by chewing, crunching and biting.
- Speak properly – form sounds and words.
- Act as space holders for permanent teeth.
- Avoid jaw and face development problems.

Tooth decay is:

- One of the most common childhood diseases.
- 5 times more common than asthma.
- Preventable.

Evidence shows that:

- A child with decay = adult with decay.
- Lifetime habits are established in the early years.

Teeth are important for:

- eating
- speaking
- face and jaw development
- smiling ...and kids just feeling good about themselves!



A healthy mouth is important for a healthy body

What is early childhood decay?

- Early childhood decay is one of the most common childhood diseases.
- It is an infectious and contagious disease caused by decay producing bacteria.
- Early childhood decay can start as soon as the first tooth appears.
- It can be prevented and it can be stopped.

Parents should regularly lift their child's lip and check for:

- Early signs of decay.
 - Early signs of tooth decay look like white chalky lines near the gum line or brown spots that will not rub off. These chalky, white spots or lines can be reversed if seen early by a dental professional.
- Brown spots.
 - Brown spots appear on the teeth and will not rub off. If these are left to develop a hole will eventually follow. Gum disease may be present also. Gums may look puffy and inflamed, and bleed easily.
- Advanced decay and infection.
 - Rampant decay and abscesses (abscesses may look like a pimple on the gum) are always a sign that the parent should be encouraged to seek immediate dental advice.

If parents notice any of these signs of decay they should make a dental appointment as soon as possible.

Children who present with any **facial swelling** should be advised to seek IMMEDIATE medical or dental advice.

Lift the lip regularly



If you notice
any of these
changes in
your child's
mouth make
a dental
appointment
soon

Healthy Mouth



Early signs of decay

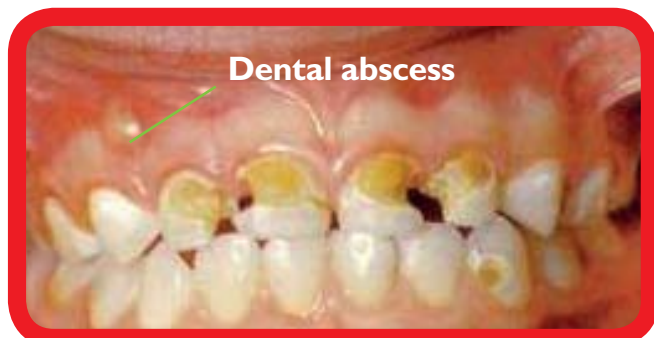


Chalky white lines along the gum

Brown spots that don't rub off



Advanced decay and infection.



Dental abscess

**URGENT TREATMENT
REQUIRED**

Healthy choices for babies

Breast feeding

- Breast milk is best for your baby.
- Breast milk gives babies all the food and drink they need for around the first 6 months of life. It is easy to digest and the vitamins and minerals are easily absorbed. That is why breast-fed babies usually want to feed more often than formula fed babies.
- Breast milk changes as baby grows.
- Breast milk contains antibodies to help the baby fight off infections, even when the mother is sick. This protective effect lasts for some time after the baby no longer breast feeds.

Bottle feeding

- If you are unable to breast feed an infant formula is the only suitable and safe option.
- Do not use cow's milk, powdered milk or goats milk until baby is one year old.
- Take the bottle away when you have finished feeding.
- Put baby to bed without a bottle (including milk) this helps stop tooth decay.
- Do not give baby soft drinks, energy drinks, tea, coffee, cordials, flavoured milks or fruit juices.
- Give your child tap water from 6 months.

Questions about feeding?

Please talk to your Child Health Professional.

Building little smiles

Breast milk
is best



If bottle feeding:



- Take the bottle away when you have finished feeding



Aim **NOT** to
put baby to bed
with a bottle



If your child does have a bottle in bed - WATER only

Building little smiles...

Everybody has varying levels of decay causing germs in their mouths.

Parents and carers can avoid passing these germs to baby by:

- Not sharing spoons when feeding baby.
- Using separate forks, spoons, and toothbrushes.
- Cleaning dummies and teats under tap water and not in the mouth.

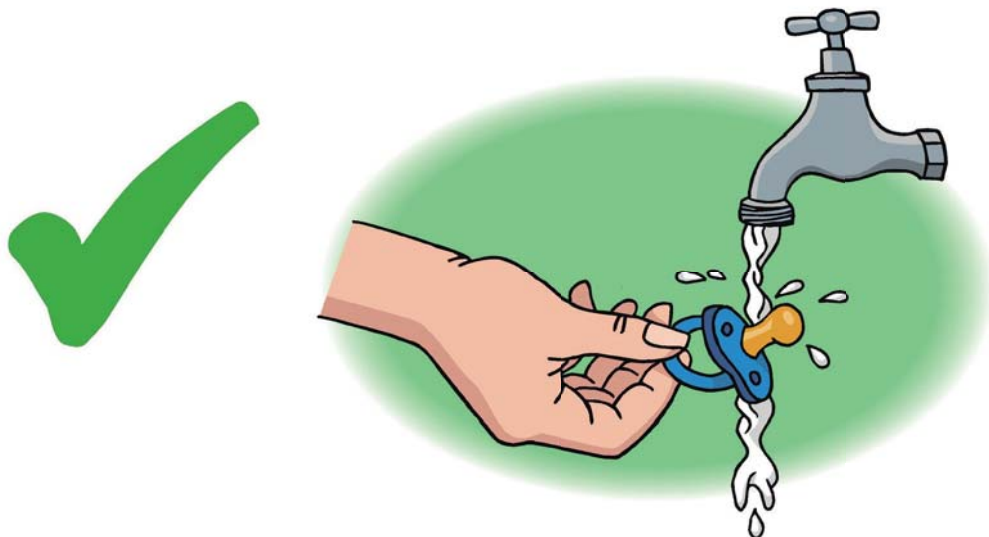
Parents or carers can lower the amount of decay producing germs in their mouth by:

- Cleaning twice a day with fluoride toothpaste, spitting out the toothpaste and not rinsing.
- Limiting the frequency of sugary foods and drinks.
- Drinking tap water.

Decay producing bacteria can be passed to your child



Avoid sharing spoons with your child and cleaning bottle teats or dummies in your mouth



Stop tooth decay

What can you do?

- Limit “sometimes” sugary foods and drinks.
- Do not give children sweetened drinks such as diet or regular cola, soft drink, flavoured mineral waters, orange juice, flavoured milk, water cordial, blackcurrant juice, fruit drinks, tea or coffee in bottles or sipper cups.
- Avoid letting the bottle or sipper cup become a toy.
- Offer water and plain milk as the best drinks after 12 months.
- If a bottle is taken to bed, fill it with water only.
- Do not put sweet things such as chocolate nut spreads, honey or jam on a dummy.
- Clean your child’s teeth twice a day, after breakfast and before bed at night. Use a small soft toothbrush and a pea sized amount of appropriate fluoride toothpaste. Spit out and don’t rinse.
- Encourage regular twice daily brushing with fluoride toothpaste for all of the family.

STOP tooth decay

High sugar diets are a main cause of tooth decay

Sweet drinks are **NOT** for bottles or sipper cups



Blackcurrant cordial



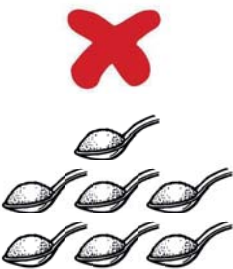
Soft drink



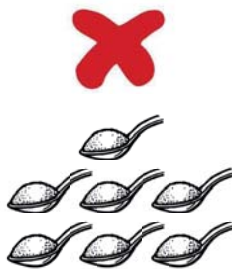
Fruit drink



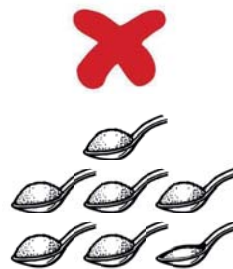
Flavoured milk



7 teaspoons



7 teaspoons



6½ teaspoons



3 teaspoons

Sugar measure is based on 250ml and 4gm per teaspoon



Plain tap water
(after 6 months of age and boiled until 12 months)

Zero Sugar

Stop tooth decay

Why worry about dietary sugars?

Tooth decay is the result of damage to the teeth by decay producing germs (bacteria) that live in the mouth.

These germs break down the sugars and starches in the foods and drinks that we consume and produce an acid. This acid dissolves the minerals in the tooth enamel. Over time this loss of minerals causes tooth decay.

The more often we eat sugars in our diet, the more acid attacks the teeth experience and the more chance of tooth decay developing.

Too much sugar in the diet can contribute to health problems including tooth decay and obesity.

What can you do?

- Choose 'everyday' foods for snacks such as fresh fruit and vegetables, plain yoghurt, cheese or milk.
- Keep sticky, sugary foods such as muesli bars, rollups, lollipops, honey and dried fruits to a minimum. These foods can cause decay.
- Plain tap water is the best drink.
- Avoid offering sugary foods and drinks especially in between meals.
- Limit fruit juices and flavoured milk to a meal time.
- Use stamps, special fruits, stickers, certificates, a walk in the park or time reading a book instead of sweets for treats.

How much added sugar?



=



1 teaspoon



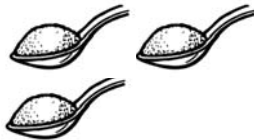
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2 teaspoons



=



5 teaspoons



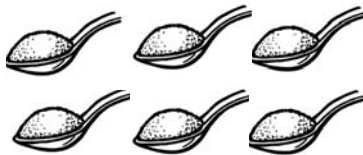
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2 teaspoons



=



6 teaspoons



=



2 teaspoons



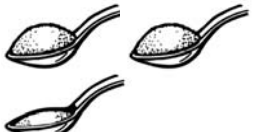
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3 1/2 teaspoons



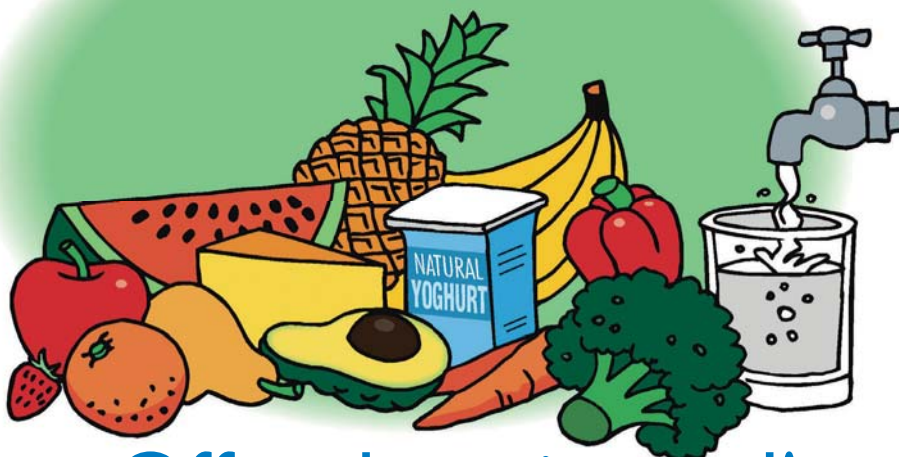
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2 1/2 teaspoons



* 1 teaspoon equals 4 grams of sugar



Offer these instead!

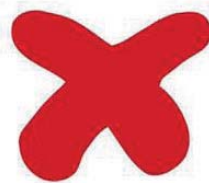
Dummies

- If your baby has a dummy, do not put anything sweet on it. (Sweeteners include: chocolate spreads, milo, sugar, condensed milk, treacle, glucose or honey.)
- Clean the baby's dummy under running water, not in your mouth.
- Do not let baby share the dummy.

Please note:

Babies under 12 months should not be given honey as there is a potential risk of bacterial infection.

Say no to a sweet dummy



If your child has a dummy
DO NOT put anything sweet
on it. Sweet things such as honey,
chocolate spread and jam will cause
tooth decay.

Babies are smart!

- Introduce a cup from 6 months of age.
- Let them get used to holding their new cup by playing with it in the bath or with ice cubes as a 'shaker'.
- Let baby drink from the cup whenever they want to.

At 8-9 months:

- Start swapping the lunch time bottle feed for a cup.
- Offer water in the cup.
- Gradually swap more bottle/breast feeds for a cup.

From 12 months:

- Aim to stop using a bottle by 12 months to reduce the risk of tooth decay, ear infections and iron deficiency.
- Try to use an open cup for all drinks by 18 months.

Why use a cup?

- Children will suck on a sipper cup as they did the bottle. If used too long they can change the position of the tongue.
- Worried about the mess? Cups with a straw save mess when travelling and are much better for speech development.

Babies are smart!

**Encourage the use of a cup
from 6 months**



Aim to:

- Wean from the bottle by 12 months
- Be using an open cup only by 18 months

Baby Teething Chart

- The time and position of when teeth appear varies from child to child.
- Babies are born with a full set of 20 baby teeth in their gums 10 up the top and 10 down the bottom.
- Primary (baby or deciduous) teeth begin to form about 6 weeks after a baby is conceived.
- Most first teeth appear between 6 and 10 months, but different children get teeth at different times.
- In some children, teeth appear as early as 3 months. In other children they don't arrive until around 12 months.
- Most children will have their full set of baby teeth by three years.
- The 2 year baby molars can still be present at 11-12 years.
- By 12-13 years most children have 28 permanent teeth.
- The last 4 molars (the wisdom teeth) come through between 17-21 years.

Baby Teething Chart



6 to 12 months



7 to 14 months



12 to 19 months



16 to 23 months



20 to 33 months

This chart is a guide only
Time of eruption and position may vary

Did you know?

- When babies are born, they have a full set of 20 baby teeth
- These baby teeth are hidden under the gums

Cleaning your child's teeth

0-18 months

- From birth, parents can wipe babies mouth and gums with a soft cloth after feeding.
- Clean your child's teeth as soon as they come through. Start cleaning your baby's teeth with a soft, clean cloth or a small soft toothbrush.
- Clean your baby's teeth twice a day, every morning and again before bed at night.
- Clean with a small soft toothbrush and water only until 18 months of age – unless advised otherwise by a dental professional.
- At this age, parents need to be in total control of tooth brushing.

How to brush

- Sit your child on your lap facing away from you, or stand behind tall children, so you can see all the teeth.
- Brush every surface of every tooth.
- Gently jiggle the toothbrush or move it in small circles over and along the gum and the tooth.
- Repeat for the inside surfaces and the biting surfaces, using a light back and forth motion.

Cleaning your child's teeth



As soon as the first tooth appears
clean twice daily with a soft cloth or
small, soft toothbrush



0-17 months NO toothpaste



(water only unless advised by a dental professional)

**Parents need to be in total
control of brushing at this age**

Cleaning your child's teeth

18 months - 5 years

- Brush every morning and before bed at night.
- Use a small, soft toothbrush.
- Use a low dose fluoride toothpaste until 6 years of age (unless advised otherwise by a dental professional).
- Teach your child to spit out, not swallow and not rinse.

6 years and over

- Use a pea sized amount of adult fluoride toothpaste. Brush morning and night, spit out the toothpaste paste but don't rinse.

Why spit and not rinse?

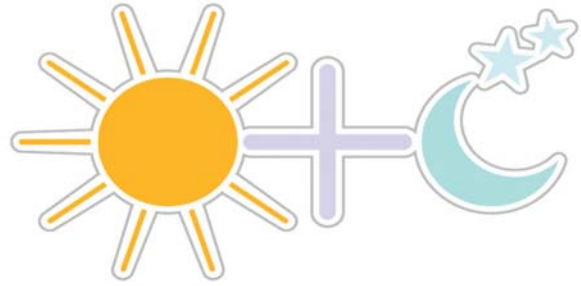
- Rinsing the toothpaste removes the fluoride from the surface of the tooth.
- Not rinsing immediately helps the fluoride make the tooth enamel stronger, neutralise plaque acids and slows plaque formation.

What can parents do?

- Children learn behaviour from others. Be a great role model and brush your teeth twice a day with fluoride toothpaste, spit and don't rinse.
- Try to make toothbrushing fun.

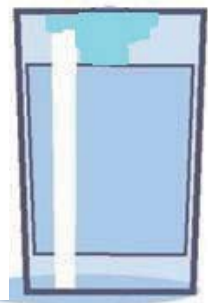
BRUSH

- Every morning
- Every night before bed



Teach your child to:

- SPIT OUT
- NOT SWALLOW
- NOT RINSE



Toothpaste use

18 months -5 years

Child toothpaste

Over 6 years

Adult toothpaste

Unless otherwise advised by a dental professional

Toothbrushing tips for parents

- Make it fun and let your child brush with other members of the family who can help them.
- Remember you don't have to brush in the bathroom.
- Parents need to help with, or at least supervise teeth cleaning up to 7-8 years of age.
- Many children do not have the manual dexterity to brush well until this age.
- A good indication of when children are able to clean their teeth well is when they can write well with a pen or tie their shoes laces.
- When your child is about 6 years old they will get their first adult molars. It is really important for parents to check and help with brushing.
- When cleaning children's teeth, if parents stand or sit behind the child and have the child lean their head against the parent, parents will have a better view of the mouth.

Toothbrushing Tips



Parents need to help with toothbrushing until 7-8 years of age



Parents are the best role models!

What about the first dental visit?

- Parents/carers are advised to make a dental appointment for their child from 12 months of age.
- All children should have had a dental checkup by 2 years of age.

Why?

- To check how your child's mouth and teeth are developing.
- To talk about how best to protect your child's teeth.
- To work together to prevent and recognise early decay.

What about before the visit?

- Make the appointment for a time when your child will not be tired.
- If you have any concerns talk to staff when making the appointment.
- Be positive about the visit and make it a fun/interesting/activity but also just a normal part of childhood.
- Arrive a little early, so your child can familiarise themselves with the area.
- Be a 'passive observer' and allow the experienced dental staff to capture your child's attention.

First Dental Visit

Turning one!

Time to make a dental
checkup!



Children should have had a
dental examination by 2 years
of age.

Need more information?

**More information can be gained
from Oral Health Services Tasmania
or a private dentist.**

To find your local Oral Health Services
Tasmania local clinic:

- Look in the yellow pages of the telephone book
- Look under Department of Health and Human Services in the white pages
- Check out www.dhhs.tas.gov.au/oralhealth

To find a Private Dentist:

- Consult the yellow pages for your nearest private dental provider