

# How to care for children's teeth...

*It is important to start good oral care even before the first tooth erupts...as from healthy gums come healthy teeth.*



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SPECIALIST DENTAL PRACTICE

## 0-6 MONTHS

BABY BOTTLE TOOTH DECAY CAN HAPPEN IF BABIES AND YOUNG CHILDREN ARE GIVEN SUGARY DRINKS FROM A BABY BOTTLE REGULARLY.

THIS CAN BE AVOIDED BY;

- ✓ ONLY MILK AND WATER SHOULD BE GIVEN IN A BABY BOTTLE.
- ✓ DO NOT PUT YOUR BABY TO BED WITH A BOTTLE.
- ✓ AS SOON AS TEETH ERUPT IN THE MOUTH BRUSH THEM TWICE DAILY WITH A FLUORIDATED TOOTHPASTE.

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*Baby Bottle Tooth Decay*

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## 6 MONTHS – 2 YEARS OLD

- ✓ AT 6 MONTHS OLD INFANTS SHOULD BE INTRODUCED TO DRINKING FROM A FREE-FLOW CUP.
- ✓ AT 1 YEAR OLD FEEDING FROM A BOTTLE IS DISCOURAGED.
- ✓ BRUSHING SHOULD OCCUR FOR TWO MINUTES, TWICE DAILY AS A MINIMUM.
- ✓ BRUSH WITH A FLUORIDATED TOOTHPASTE.
- ✓ BRUSH LAST THING AT NIGHT BEFORE BED AND AT LEAST ONE OTHER TIME IN THE DAY.
- ✓ USE A TOOTHBRUSH APPROPRIATE TO THE AGE OF THE CHILD.

## 2 – 6 YEARS OLD

- ✓ TRY TO BREAK HABITS SUCH AS THUMB SUCKING AND DUMMIES BY THE AGE OF 4 AS THIS CAN AFFECT THE POSITION OF THE TEETH.
- ✓ CONTINUE TO BRUSH TWICE A DAY WITH A FLUORIDATED TOOTHPASTE UNDER ADULT SUPERVISION.
- ✓ PAY SPECIAL ATTENTION TO THE BACK TEETH WHICH MAY HAVE MORE PLAQUE.

ALL CHILDREN MUST BE HELPED OR SUPERVISED BY AN ADULT WHEN BRUSHING UNTIL AT LEAST 7 YEARS OF AGE.

**\*\*A MOUTHGUARD SHOULD BE WORN WHEN PLAYING SPORTS\*\***



*Anterior Open Bite due to thumb sucking*

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