



Healthy Mouths for Kids under 5

Dental information for parents / carers



Brush your
teeth morning
and night



Eat more
fruit and
vegies



Choose
water as
a drink



Have regular
dental
check-ups



This resource can be used to educate parents and carers about child oral health.

Good oral health habits start early.

Baby teeth are important!

They:

- help children **eat and grow**
- help the **shape** of the jaw and face
- help children **speak**
- keep the **space** for the adult teeth
- are part of a **healthy smile**



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Baby teeth

- Babies get their first tooth at around 6 months of age
- Usually the first teeth to appear are the bottom two front teeth
- You will find this information in your child's personal health record (Blue Book – additional languages available – <https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/child-blue-book.aspx>)
- The average tooth eruption age in the Blue Book is only a guide. There is no need for concern if your child's teeth come through before or after these ages

Teething

- Is a normal part of the child's development
- Starts when the first tooth cuts the gum
- Continues until around 3 years of age
- Children will drool and want to chew on things
- You can get your child to bite on a clean, cold face washer or a cold teething ring or other teething ring products. These may help where there is teething pain
- If your child has other symptoms like fever, rash or diarrhoea seek advice from your child and family health nurse or your doctor

Teething



Name of tooth	Approximate age at eruption
Incisors	6-12 mths
Baby first molars	12-20+ mths
Canines	18-24 mths
Baby second molars	24-30 mths



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink

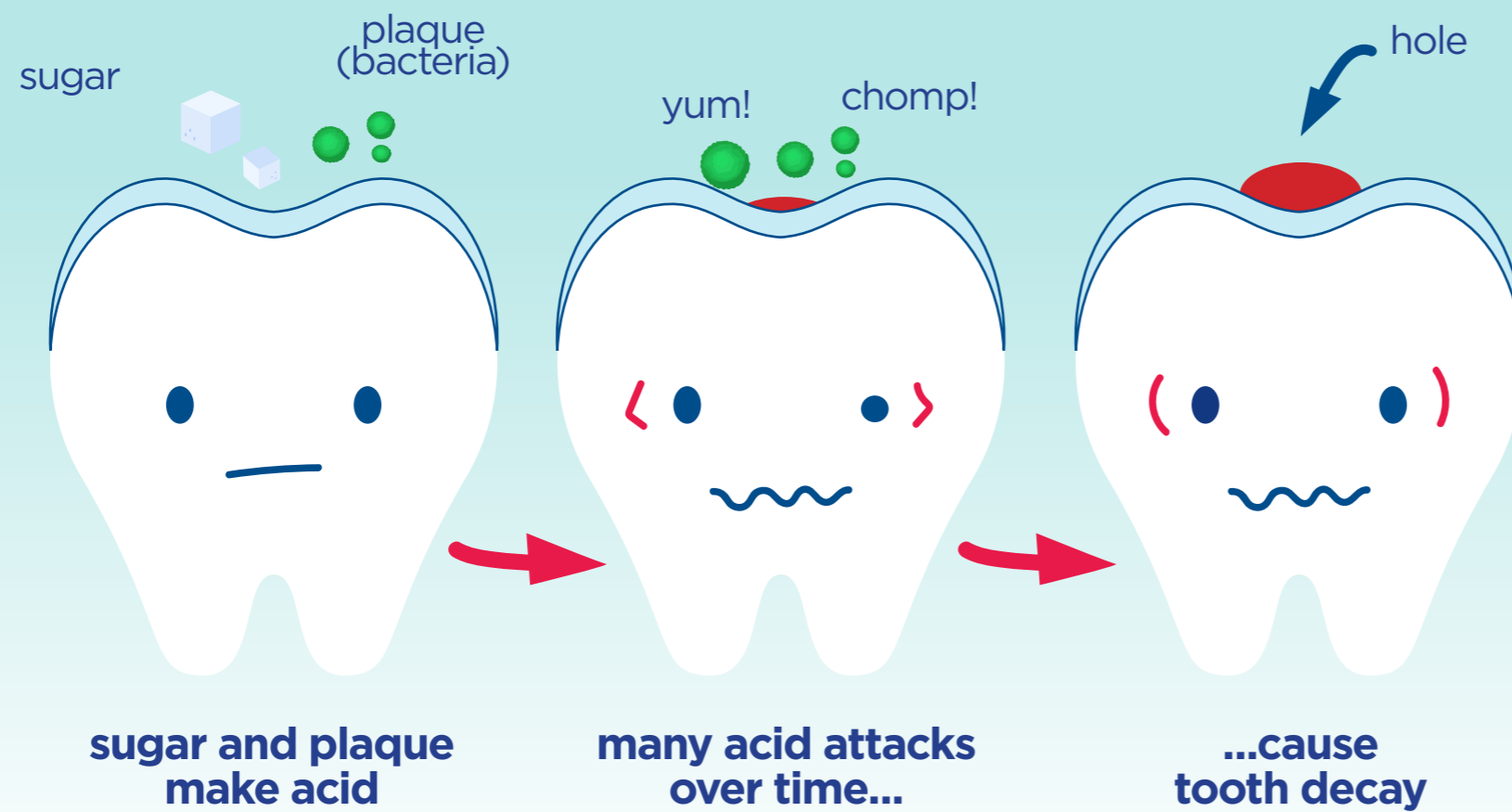


Have regular dental check-ups

How and why teeth decay

- Tooth decay is the most common chronic childhood disease
- More than 50% of Australian children are suffering from tooth decay by the age of 6 years
- More than 72% of children get no treatment for their decay
- Tooth decay occurs when the sugars from foods stick to teeth
- Germs in the mouth use sugar to make acid which damages the tooth surface by dissolving it
- The more often you have sugary foods and drinks, the longer the acid will stay on tooth surfaces
- As the disease progresses the tooth becomes weaker and a hole develops in the tooth. If the hole is allowed to get bigger, the hole can become infected

Tooth Decay



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

Tooth decay in young children – the stages of decay

- Healthy mouth and teeth - what to look for:
 - o moist with saliva
 - o teeth are generally one colour across the surface
 - o gums are pink and don't bleed when brushed
- Whitish areas along the gum are likely due to an acid attack – this is how tooth decay starts. White marks or lines that gradually become larger turning yellow or brown. These marks appear on the front or back smooth surfaces of the tooth near the gum line or between the teeth
- The top front teeth and the first molars are usually the first teeth affected
- As the decay gets worse the enamel (the white, outer layer) which protect the tooth starts to break down
- If a child has sore teeth when eating or has swelling of the gum or face, please seek dental advice as soon as possible
- Remember tooth decay is not always painful and regular dental check-ups are important

Stages of tooth decay



Healthy mouth & teeth



Starts as whitish areas along the gum line



Becomes brown or yellow spots often along the gum line



Untreated decay leads to tooth infection



Have regular dental check-ups

Tooth decay

- Tooth decay is one of the most common childhood diseases and is largely preventable
- Tooth decay can start as soon as the 1st tooth appears and in baby teeth it can progress quickly
- Children should have their teeth checked by their 1st birthday or when their first tooth appears
- Cleaning and caring for your children's teeth early on set's up good dental care habits for life

Tooth decay is one of the most common childhood diseases and is largely preventable



Have regular
dental
check-ups

Food that can cause tooth decay

- Eating lots of sugary snacks, especially between meals, can cause tooth decay. These foods include cakes, lollies, biscuits, muesli bars, fruit straps, chocolates and lolly pops
- Snacks high in sugar should be eaten occasionally- if sugary foods are to be eaten, it is better to have them with a meal and not in between meals
- Foods that may not taste sweet can still cause tooth decay (eg potato chips and white bread)

Discuss with the group, foods that can cause tooth decay

Foods that can cause tooth decay



Snack foods
high in **sugar**



Eat more
fruit and
vegies

Sugar in breakfast foods

Hidden sugars can be found in the most popular breakfast foods and spreads that you may have on toast
eg. jam, chocolate spread, honey

These foods are often marked as “healthy” or “natural”. Choose alternatives for breakfast that are tooth friendly
eg. Peanut butter on toast, eggs or wheat biscuits

Sugar in breakfast foods

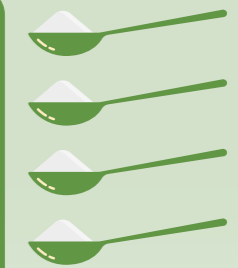
Grain Cereal



Fruit Loops



Jam



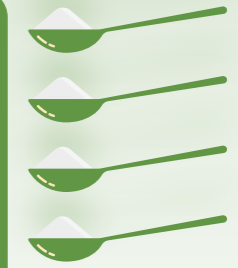
Honey



Chocolate Spread



Coco Puffs



Eat more
fruit and
vegies

Sugar in breakfast foods

Discussion - Can you think of other breakfast foods that are tooth friendly?

Sugar in breakfast foods

Whole-Wheat Cereal



No Added Sugar

Crumpets



No Added Sugar

Peanut Butter



No Added Sugar

Cornflakes



Cooked Eggs



No Added Sugar

Baked Beans



Eat more fruit and vegies

Sugar in snack foods

- Hidden sugars can be found in many of the most popular snack foods
- Choose alternatives for snacks that are tooth friendly like popcorn, cheese or fresh fruit
- Some squeeze pouches, have a high sugar content. These baby foods are marketed as 'cheap & convenient'. Please read the food label before giving this to your child e.g. a strawberry or chocolate pouch yoghurt has approximately 3 teaspoons of sugar per pouch
- Recommended amount of sugar is no more than 6 teaspoons a day

Discussion - Let's have a look at some healthy snacks.

Can you think of other snack foods that are tooth friendly?

Sugar in snack foods

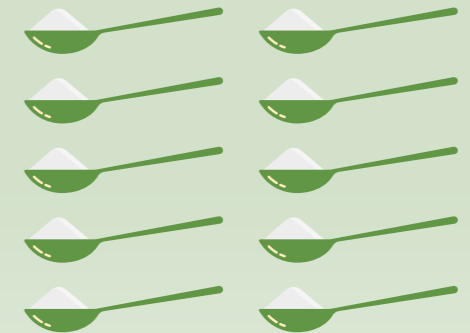
2 Sweet Biscuits



Muesli Bar



Soft Drink 390mls



Large Chocolate Frog



3 Lamington cakes



6 Snake Lollies



Eat more
fruit and
vegies

Sugar in snack foods

Discussion - Can you think of other snack foods that are tooth friendly?

Sugar in snack foods

Vegetable Sticks



No Added Sugar

Plain Popcorn



No Added Sugar

Salad on Cracker



No Added Sugar

Strawberries



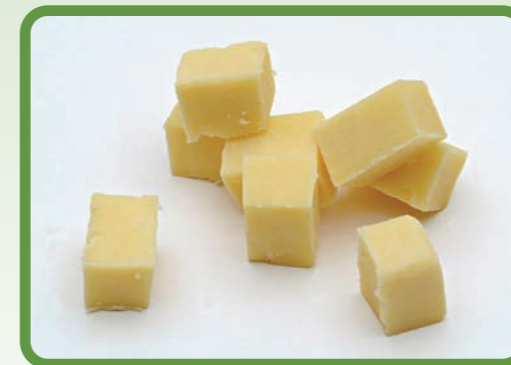
No Added Sugar

Tap Water only



No Added Sugar

Cheese Cubes



No Added Sugar



Eat more
fruit and
vegies

What's in the bottle?

- Avoid giving your baby any sweetened drinks in bottles and sippy cups
- Tap water, breastmilk, formula or plain milk (over 12 months) should only be put in feeding bottles
- *The bottles represent 1 regular cup size in volume*

No Sugar for Baby



Cordial
9 sugar cubes

Juice
6 sugar cubes

Flavoured Milk
7 sugar cubes

Soft Drink
8 sugar cubes

Plain Tap Water
0 sugar cubes



Choose
water as
a drink

Original concept developed by SA Dental Service

Sugar in drinks

Drinks containing a lot of sugar include: flavoured milks, soft drinks, energy drinks, sports drink, fruit juice and slushies.

- You should try to limit sweet drinks
- Drinking lots of sweet drinks especially between meals can cause tooth decay
- Frequent sipping of sweet drinks causes the acid to remain on the teeth
- Low sugar or diet drinks are often acidic and can still cause harm
- Choose water as a main drink especially between meals
- If sweet drinks are occasionally given - drink them at meals times not at snack times
e.g. juice at lunch rather than throughout the afternoon

Rethink your drink



Choose water as a drink

Original concept developed by NNSWLHD Sweet Smiles TRGS Project



Choose water

- If possible, it is best to breast feed exclusively to 6 months

From 6-12 months of age

- It is recommended that breast feeding is continued until 12 months of age and beyond, for as long as the mother and child desire
- A 'cup' can be offered around 6 months of age to teach infants the skill of sipping drinks from a cup
- You can offer water, expressed breast milk or infant formula from a cup
- Water that has been boiled and then cooled can be given to infants from around six months

From 12 months of age

- Wean children from bottle use around 12 months of age
- Provide plain milk in a cup at mealtimes. It is recommended to provide reduced fat milk from 2 years
- Give tap water when thirsty

Choose water

Give up the bottle at 12 months



Water is the **best drink**
in-between meals



Offer a **cup from**
6 months



Choose
water as
a drink

Comfort sucking using a bottle can cause tooth decay

- Comfort sucking on a bottle can cause tooth decay and should be discouraged eg. leaving a bottle in bed with a sleeping infant and/or walking around with a bottle throughout the day
- Leaving a bottle in bed to drink from can also cause ear infections
- Restrict bottles to mealtimes and remove them from the child when they finish feeding
- Ideally wean children from the bottle by 12 months of age

Comfort sucking can cause tooth decay



No bottle in bed



No bottle after 12 months



Choose
water as
a drink

Healthy snack food ideas

- Appropriate snack choices are important as poor choices can affect weight, oral health and can lead to diabetes and obesity if poor food choices are made
- Water is important for good oral health and for hydration
- Try to reduce the amount of sugary drinks and sweet foods particularly as snacks
- Having set snack times rather than continually grazing and controlling the types of foods young children snack on is a good way to prevent tooth decay
- Children need 5 or 6 mini meals a each day (3 meals and 2-3 tooth friendly snacks) from all 5 food groups to sustain their energy and growing needs
- Dairy products such as cheese, plain milk, fruit smoothie and Greek yoghurt are tooth friendly snacks
- Other snack ideas include; boiled egg, wholegrain sandwiches or crackers, plain rice crackers, fruit, popcorn, peanut butter and baked beans

Discuss with the group healthy snack option

Healthy snack ideas



Eat more
fruit and
vegies

For more information www.healthyliving.nsw.gov.au



Bacteria can be passed on

- Babies are NOT born with decay-causing bacteria
- Bacteria (germs) can be transferred from caregiver to child by placing food, utensils, dummies and teats in their own mouth and then in their child's mouth
- Don't clean dummies or teats with your mouth or share food or utensils with your child
- Remember to use one spoon for you and one spoon for baby when feeding

Bacteria can be passed on



Don't share toothbrushes, food or utensils with your child



Don't clean dummies or teats with your mouth



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

Check your child's teeth

- Don't forget to wash your hands before and after checking your child's teeth
- Parents and carers are encouraged to gently lift their child's lip to look for early signs of tooth decay
- Take their child for a dental check up by their first birthday

Look for early signs of tooth decay once a month. If you see:

1. Healthy teeth – have regular check ups
2. White line along the gum line – make a dental appointment
3. Brown or yellow spots that don't brush off – make a dental appointment immediately

Check your child's teeth

Look for early signs of tooth decay once a month



Healthy teeth



White lines along the gum line



Brown or yellow spots that don't brush off



Have regular dental check-ups

Make a dental appointment now!

Urgent! See a dental practitioner

Brush teeth twice a day

From around 6 months of age or when the first tooth arrives

- Start cleaning baby's teeth when the 1st tooth comes through
- Use a small, soft toothbrush and water
- No toothpaste

From 18 months of age

- Clean children's teeth with a pea size amount of fluoride toothpaste
- Spit out the toothpaste, don't swallow and don't rinse with water after brushing as the fluoride in the toothpaste will remain on the teeth and continue to be effective
- Help with tooth brushing until 8 years of age

Remember

- Store your toothbrush in a clean dry place
- Do not share toothbrushes with anyone
- Replace your brush every 3 months or if you have been sick or the toothbrush has shaggy bristles
- Electric toothbrushes are a good option for children. Please ensure they are still using the brushing technique

Tooth brushing



After feeding:

Use a **clean soft cloth** to wipe around baby's mouth



From 6 months:

- **Small, soft toothbrush** and water
- **No** toothpaste



From 18 months:

- Small amount fluoride toothpaste
- Spit, **don't rinse**, don't swallow
- **Help** with brushing until 8 years old



Brush your
teeth morning
and night

Tooth brushing

- Should be done morning (after breakfast) and at night (before bed)
- It's important not to eat or drink after brushing at night

Outside of the teeth

- Brush using a circular or up and down motion
- Start on one side and go all the way to the other side

Bottom teeth on the inside

- Brush every tooth making sure you clean down to the gums

Chewing surfaces

- Gently scrub the chewing surfaces of the top and bottom teeth.
Start on one side and go all the way to the other side

Top teeth on the inside

- Brush every tooth making sure you clean down to the gums

Demonstrate tooth brushing with a tooth model

Tooth brushing



Outsides of the teeth



bottom of the teeth



chewing surfaces



top of the teeth



Brush your
teeth morning
and night

Tooth brushing tips

Teaching the child how to brush

- Break the process into small steps that the child can understand and practice
- Place a hand over the child's hand to guide the toothbrush as the child brushes

Use a fluoride toothpaste

- An adult should always place toothpaste on the toothbrush
- Keep toothpaste stored out of the reach of children
- There are many ways a child can be positioned to make the child feel comfortable and allow an adult to brush his or her teeth (see photos of techniques)

Keeping the child engaged in brushing

- Use a timer, a short song, or counting as a game to encourage brushing for 2 minutes

Tooth brushing tips



Brush your
teeth morning
and night



Looking after your family's teeth

- Everyone brushes their teeth morning and night with a fluoride toothpaste
- Choose tooth friendly snacks such as – eggs, nuts, wholegrain sandwiches, yoghurt, cheese or popcorn
- Eat more fruit and vegetables
- Choose water as a drink
- Lift your child's lip to check for early signs of tooth decay
- Have your child's teeth check at all child health checks (6, 12, 18 months, 2, 3 and 4 years)
- Take your child for a dental check up by a dental practitioner by their 1st birthday
- Parents and/or caregivers to maintain good oral health – role modelling is important
- Children learn by imitating others, so parents and/or caregivers should brush your own teeth while children brush theirs

Looking after your family's teeth



Everyone brushing morning and night



Choose tooth friendly snacks



Choose water



Lift the lip.
Have teeth checked by 1st birthday & all child health visits



Brush your teeth morning and night



Eat more fruit and vegies



Choose water as a drink



Have regular dental check-ups

Eligibility

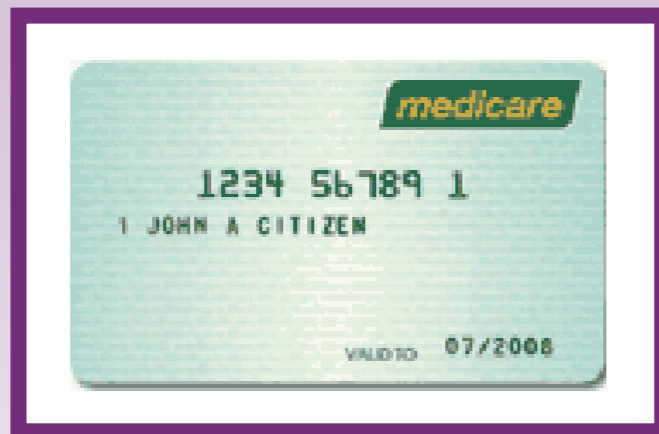
NSW Public Dental Services are free for:

- All children under 18 with a Medicare card
- Adults with one of the following concession cards - Healthcare, Pension or Commonwealth Seniors card

Children may be eligible to participate in the Child Dental Benefits Scheme. The CBDS can be used at all Public Dental Clinics and private dental services.

Eligibility

NSW Public Dental Services



Are free for **All** children under 18 with a Medicare card



Are free for adults with one of the following concession cards



Have regular dental check-ups

Public Dental Services

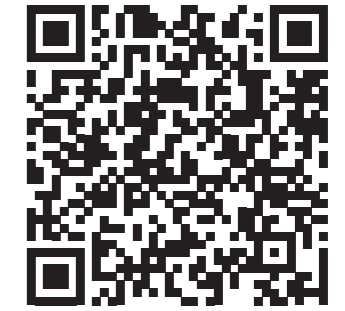
Provide local information on access

Public Dental Services



Local Health District	Phone Number
Sydney, South Western Sydney	(02) 9293 3333
South Eastern Sydney	1300 134 226
Illawarra Shoalhaven	1300 369 651
Northern NSW, Mid Coast, Hunter New England	1300 651 625
Central Coast	1300 789 404
Northern Sydney	1300 789 503
Murrumbidgee, Southern	1800 450 046
Western Sydney	(02) 8890 6766
Nepean Blue Mountains	(02) 47342387 or 1300 769 221
Far West, Western NSW	(02) 6809 8621 or 1300 552 626

For more information



Healthy Mouth Healthy Living website:

www.health.nsw.gov.au/oralhealth/prevention/Pages/default.aspx

NSW Public Dental Services

www.health.nsw.gov.au/oralhealth/Pages/default.aspx



