teething

Some babies experience sore gums while teeth are emerging. Teeth usually start to appear from 6 months. A teething ring can be given to a baby to chew on and help relieve sore gums.

baby teeth

Baby teeth are extremely important as they help a child to smile, speak, eat and digest food properly. If baby teeth are lost prematurely there is a greater chance that the permanent teeth can be crowded and may need orthodontic treatment.

Useful links

Irish Dental Hygienists Association
idha.ie/patients/childrens-oral-health/

Dental Den
http://www.thedentalden.com/default.html

HSE
www.hse.ie/eng/health/az/D/Dental-care-for-babies-and-children/

Dental Health Foundation Ireland
www.dentalhealth.ie/children/tips.ht

KIN

Good oral health is essential and contributes to the development of a healthy child. **Laboratorios KIN** has developed **Fluor KIN Calcium** specially formulated for children.

Fluor KIN Calcium

1000 ppm F-

The leaflet was created by:

Gillian Shannon

KIN DENTAL HYGIENIST OF THE YEAR 2017

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Visit **KIN**'s website at
www.kin.es

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How to care

for baby and toddlers teeth

Tooth DECAY

Tooth decay is a hole in a tooth.

When dental plaque on a tooth frequently combines with sugar from the diet it creates an acid which dissolves part of the tooth; the more often this occurs, the higher the risk of tooth decay.

Tips to prevent tooth decay:

Reduce plaque

- Start cleaning baby's teeth as soon as they appear with a soft cloth or soft toothbrush and water.
- At 2 years of age you can start by using a pea-sized amount of 1000 ppm Fluoride toothpaste. Try to get the child to spit out the toothpaste and avoid rinsing. Toothpaste should not be swallowed.
- The teeth should be cleaned after breakfast and before bed.
- Parents should brush a child's teeth up until the age of 7.

Reduce sugar

Remember children are not born with a sweet tooth so try and avoid getting them used to sweet things.

Reduce the amount of time sugar is in contact with a tooth:

The same applies to sweet drinks like juices, they should be drunk quickly.

Drinks

- A child should never be given anything other than water in a bottle going to bed at night. Milk & juices contain sugars which can lead to tooth decay.
- Milk and water are safe drinks throughout the day.
- Juices and sugary drinks should be avoided and never taken between meals.

Food

- Use sugar free baby foods.
- Sugary treats should only be given occasionally at meal times.
- Avoid sticky sugary treats like toffees and jellies, instead opt for non-sticky treats like chocolate or plain ice-cream.
- Limit natural sugars like honey and in particular raisins as they can stick to the teeth for hours.
- Check food labels: 5g sugar = 1tsp.

Soothers

Orthodontic soothers are preferable and should not be used past age 3.

Medicines

Always ask your GP or pharmacist if medicines are available in sugar free form.

Dentist

Visit the Dentist and Dental Hygienist regularly from 1 year +.