

BABY BOTTLE TOOTH DECAY

Tooth decay in babies and toddlers is often called baby bottle tooth decay. Baby bottle tooth decay most often seen in the upper front teeth but can affect other teeth as well. No matter how young a child is, it is never too early to monitor oral hygiene and diet to ensure their baby teeth remain healthy. After all, healthy adult teeth stem from healthy baby teeth.

The biggest cause of baby bottle tooth decay is the extensive, unnecessary exposure to sugary drinks. This often happens when a baby naps or sleeps with a bottle full of milk or juice. When a child sips from a bottle as they fall asleep, some liquid can remain in their mouth after falling asleep. That means their developing teeth soak in the liquid's sugar while sleeping, which begins the process of tooth decay.

How to prevent Baby Bottle Tooth Decay

- ✓ Do not put your child to bed with a bottle of juice or other sugary drinks. If possible, have your child finish the bottle before naptime or bedtime.
- ✓ Do not dip pacifiers / dummies in sugar or syrup/honey.
- ✓ After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth

- ✓ Avoid cleaning your child's feeding spoons by putting them in your mouth; run them under tap water to rinse them off before using it to feed your child again.
- ✓ Establish a healthy diet as soon as a solid diet are started.
- ✓ When your child's teeth begin erupting, brush them gently with a child-size toothbrush and small amount of non-fluoride toothpaste.
- ✓ Book your child's first dental visit as soon as their first tooth appears, but not later than their first birthday.

It is a good idea to get babies and toddlers used to receiving dental care at a young age. This can be done by using a small, soft toothbrush on their gums, even before they have teeth. Taking them with to the dentist and sit on your lap while you as the parent have a dental check-up.

By following these steps, your little one will be on their way to a great smile!

This information is intended to promote understand and knowledge about general oral health teeth topics. It is not intended to replace professional advice, diagnosis, or treatment. Always ask your dentist or other qualified healthcare provider with any questions your may have regarding a medical condition or treatment.

