

CHILDREN'S TEETH

As a parent, you play an important role in your child's dental healthcare. From providing a healthy diet to brushing their first tooth all the way to their very first trip to the dentist.

A regular teeth-cleaning routine is essential for good dental health.

Here is how to take care of your children's teeth.



TOOTHBRUSHING TIPS

Send the word "help" to our COVID-19. It is important to use fluoride toothpaste, as this helps prevent and control tooth decay.

CHILDREN AGED UP TO 3 YEARS

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion during the day. This can be immediately after waking up or after breakfast
- Use children's fluoride toothpaste.
- Use only a pea-sized amount of toothpaste.
- Make sure children do not eat or lick toothpaste from the tube.
- Parents should brush or supervise toothbrushing.

CHILDREN AGED 3 TO 6 YEARS

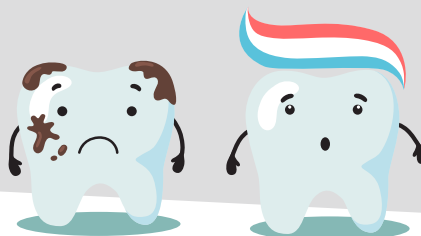
- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion during the day.
- Use children's fluoride toothpaste
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and do not rinse - if you rinse, the fluoride will not work as well.
- Brushing should be supervised by an adult.

CHILDREN AGED 7 AND OVER

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion during the day.
- Use fluoride toothpaste.
- Spit out after brushing and do not rinse - if you rinse, the fluoride will not work as well.
- Children aged 7 and over should be able to brush their own teeth, but it is still a good idea to watch them to make sure they brush properly and for about 2 minutes.

HOW TO HELP CHILDREN BRUSH THEIR TEETH PROPERLY

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- There are various tooth brushing timer mobile apps for kids to make tooth brushing as fun as possible.
- Do not let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.



TAKING YOUR CHILD TO THE DENTIST

It is advisable to take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist.

The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage.

Just opening up the child's mouth for the dentist to take a look at is useful to practice for the future.

When you visit the dentist, be positive about it, and make the trip fun. This will stop your child from worrying about future visits.

Take your child for regular dental check-ups - every 6 months is usually advised by the dentist. Regular visit to the dentist to spot and treat tooth decay before it advances and causes dental pain.



DENTAL SEALANTS

Sealants are a fast and easy way of protecting your child's teeth that act as barriers to cavity-prone areas. They are usually applied to the chewing surfaces of the back teeth and sometimes used to cover deep grooves.

The back teeth are covered with a special thin plastic coating to keep germs and food particles out of the grooves.

Fissure sealants can be done once your child's permanent back teeth have started to come through (usually at the age of about 6 or 7) to protect them against decay. Both baby and permanent teeth can benefit from sealants.

The sealant can last for as long as 5 to 10 years.

Sealants are placed during a visit to the dentist's rooms by the dental hygienist or dentist. Before application, the teeth are properly cleaned and examined. The tooth is dried, a material is placed onto the tooth, then rinsed and dried off.

Next, the sealant material is placed on the biting surface of the tooth and a special light is placed above the tooth to harden the sealant into the tooth surface. The procedure is usually quick and painless. Your child will need to stay still during this process.

FLUORIDE TREATMENT

Fluoride treatments are a safe way to help prevent or slow tooth decay in children.

Fluoride is a naturally occurring mineral that strengthens the enamel of the teeth, helping protect them from the acid formed by plaque bacteria and sugars inside the mouth.

While most kinds of toothpaste and many water sources contain fluoride, it may not be enough to maintain adequate fluoride levels in children's teeth, so professional fluoride treatments are beneficial to boost protection.

Fluoride foams are put in a mouthguard which is placed on the teeth for a few minutes.

There are other methods to apply the fluoride too. This depends on the dentist.

Ask your dentist about fluoride treatment or fissure sealing.

This information is intended to promote understanding and knowledge about general oral health topics. It is not intended to replace professional advice, diagnosis, or treatment.

Always ask your dentist or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment.

