

# Oral Care Milestones For Children

Age	Dentition	Diet	Brushing	Risks
2 - 5	Deciduous teeth	<ul style="list-style-type: none"> <li>- Closely monitored by parent/ carer</li> <li>- Sugar intake should be low and infrequent</li> <li>- Bottle should be replaced with cup/beaker</li> </ul>	<ul style="list-style-type: none"> <li>- Brushing should be carried out by a parent or carer, using a deciduous teeth toothpaste, with an appropriate toothbrush</li> </ul>	<ul style="list-style-type: none"> <li>- Persistent bottle feeding may cause teeth/jaw deformity</li> <li>- Poor dietary regime can cause decay and tooth loss</li> <li>- Poor oral hygiene can cause decay and tooth loss</li> </ul>
7 - 11	Mixed dentition	<ul style="list-style-type: none"> <li>- Children gain more freedom with their diet</li> <li>- Children get introduced by different dietary habits by their peers or at school</li> <li>- Children develop more skills in controlling their oral hygiene</li> </ul>	<ul style="list-style-type: none"> <li>- Monitored and assisted toothbrushing</li> <li>- Children should start brushing by themselves after the age of 7</li> <li>- Adult toothpaste, appropriate toothbrush for the age group introducing flossing</li> </ul>	<ul style="list-style-type: none"> <li>- Children lacking appropriate oral hygiene for their age</li> <li>- Children developing bad dietary habits</li> <li>- Lack of monitoring of tooth brushing</li> <li>- Decay in mixed dentition</li> </ul>
11 - 16	Predominantly permanent teeth	<ul style="list-style-type: none"> <li>- Dietary habits become their own decision</li> <li>- Priorities change significantly</li> <li>- Children become generally more independent</li> </ul>	<ul style="list-style-type: none"> <li>- Independent toothbrushing regular flossing</li> <li>- Adult toothpaste and appropriate toothbrush</li> </ul>	<ul style="list-style-type: none"> <li>- Independency when not prepared can pose as a risk</li> <li>- Oral hygiene lapsing due to shift in priorities</li> <li>- Decay developing in permanent teeth</li> <li>- Early onset gum disease</li> </ul>

## Keys to a Bright Smile

Lifelong habits begin at home. Make oral health part of your daily routine and share these reminders with your family.

Brush your teeth at least twice a day with a fluoride toothpaste, especially after breakfast and before bedtime.

Floss every day - an adult should floss for children under 8 years old.

Limit the number of times you eat sweet sugary snacks each day.

Visit a dentist regularly for check ups.



## Thumb Sucking

Thumb sucking is a natural reflex that relaxes and comforts babies and toddlers. Children usually stop thumb sucking when the permanent front teeth start to erupt. If thumb sucking persists it can cause improper growth of the mouth and misalignment of the teeth. It is important to stop the thumb sucking habit before permanent teeth come in, and breaking the habit sooner rather than later will help with the development in your child's mouth.

## How Can I Help My Child?

- Work on brushing techniques
- Regular hygienist visits
- Regular dental check ups
- Plaque disclosing tablets
- Fluoride applications
- Introduce healthy dietary habits
- Fissure sealants





# Tooth Decay Prevention

Tooth decay is a progressive disease resulting in the interaction of bacteria that naturally occur on the teeth and sugars in the everyday diet. Sugar causes a reaction in the bacteria that causes it to produce acids that break down the mineral in teeth, which form cavities. Avoiding unnecessary decay simply requires keeping up good dental hygiene, brushing and flossing twice a day, regular check ups and diet control and preventative dental treatments.

## Sealants

Dental sealants can play an important role in helping to prevent tooth decay in some locations on the teeth. The sealant is a resin filling that bonds into the grooves of the chewing surfaces of a tooth, helping to prevent the formation of decay.

## Fluoride

Fluoride is a substance that helps teeth become stronger and more resistant to decay, it is naturally present in teeth however by using products with fluoride in can help to prevent decay. The fluoride treatments offered by dentists use higher concentrations and can be more effective as they can be applied directly to the teeth.



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# Step by Step Brushing



- 1 Place your brush at an angle along the outer gumline. Wiggle gently back and forth and repeat on each tooth.
- 2 Brush the inside surface of each tooth, using the wiggle technique shown in step one.
- 3 Brush Chewing surface of each tooth.



- 4 Use the tip of your brush to brush behind each front tooth at both the top and the bottom.
- 5 And finally don't forget to brush your tongue!

# Step by Step Flossing



- 1 Pull about 50 - 60cm of dental floss from the dispenser and wrap the ends around your middle fingers firmly.
- 2 Hold the floss tightly against the tooth. Move the floss away from the gum, and rub the floss gently up and down the sides of the tooth



# Guide to Healthy Teeth



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