



Your Baby's Oral Health

Ages: New mothers

Lesson Material Needed

- Toothfairy Island[®] Magnetic Board
- Magnets:



- Laminated or placed in a plastic sleeve
 - Tooth Illustration Picture
 - Streptococcus and Lactobacillus Bacteria Pictures
 - Baby Card "Germs That Cause Tooth Decay"
 - "Examples of Early Childhood Caries"
 - Suds Germ Sharing Picture Story

Supplementary Lesson Materials Needed

- "Take Care of Your Baby's Teeth and Gums" handout
- Baby Card "Germs That Cause Tooth Decay" handout
- "Germs That Cause Tooth Decay" handout
- "Glass Sharing Story" handout
- "Examples of Early Childhood Caries" handout
- If you have local resources that can provide information or services for pregnant mothers, please have a list available for reference or to distribute to each participant.

Key Points

- Wipe your baby's gums with a clean damp cloth or soft toothbrush and warm water after every feeding.
- Once your baby's teeth erupt, begin using a toothbrush with a tiniest smear of fluoride toothpaste twice a day.
- Schedule an appointment with the dentist upon the eruption of your baby's first tooth or by age one. Visit the dentist every six months.
- Cavity-causing bacteria can be transmitted from parent/caregiver to child through saliva-sharing actions
- Your baby's teeth are most vulnerable during tooth eruption.

Your Baby's Oral Health

Lesson

Do you know what is the number one reason children visit an emergency room?

Take a few answers from the audience. Even if the answer is incorrect, say things like, "Thank you for your answer and that is a reason children visit emergency rooms, but that is not the number one reason."

The correct answer is tooth decay or cavities. This lesson is about your baby's oral health. Oral health is about keeping your baby's mouth clean and free of cavities.

The health of your child's teeth affects their overall body health and ability to grow. Preventing tooth decay or cavities by starting good brushing and flossing helps keep your baby healthy.

Did you know that your child's baby teeth are already formed at birth? In fact, even your child's permanent teeth began forming before birth!

Although baby teeth are not visible at birth, babies are born with all of their primary teeth and the start of all their permanent teeth. Your baby's teeth began forming in the 6th week of your pregnancy. The permanent teeth began forming in the 20th week of pregnancy and continue forming until the last tooth comes in at about age 18.

The 20 baby teeth begin coming in between the ages of 4 months and 2 years old.



Hold up the mouth side of the magnetic board.

This is what a healthy mouth looks like when the permanent teeth come in.

Do you know why baby teeth are important?

In addition to being the main focus in a beautiful smile, your child's teeth can affect how they sleep, eat and speak correctly.

A common misunderstanding is that the primary teeth, what we call "baby teeth," are not important because they are only in the mouth for a short time and will be lost when the permanent teeth come in.

However, four to twelve years is not a short time! The last baby tooth falls out at approximately twelve years of age.

Your Baby's Oral Health

Speech, Facial Structure, Nutrition

The primary teeth affect your child's speech, facial structure, and nutrition.

The primary teeth play an important role in your child's speech development as many sounds such as "ssss" are made by putting the tongue against the upper teeth. Try saying some words like tickle, singing, snake, and tangle without touching your teeth.

Additionally your child's facial structure depends on the teeth to not only keep the upper and lower jaw in place but also for each tooth to hold its place until the permanent tooth comes into its proper position.

Of course, your child needs their teeth to eat and chew their food so that the stomach can digest it and give your child the necessary protein, vitamins, minerals, fruit and vegetables they need to grow strong and healthy.

Roots

Did you know baby teeth have long roots?



Turn the board over and show the tooth.

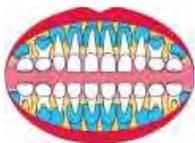
Point out the cap of the tooth.

When a baby tooth falls out all we see is the cap of the tooth.

Point to the roots.

The child's body dissolves the root so that it easier for the permanent tooth to push through.

Turn the board back to the healthy mouth and place the baby teeth and adult teeth magnet on the board.



This is what a child's mouth would look like if you could see through the gums. Look at how long the roots are on all the baby teeth.

Point to different teeth and show the roots.

Look carefully and see how the baby teeth roots are touching or overlapping most of the adult teeth.

Point out the many places that show this.

Your Baby's Oral Health

It is very important to remember this because if a baby tooth is severely decayed the infection can spread to the root of the baby tooth and create an infection around the permanent tooth.

Let me explain how a baby tooth gets infected.



Turn the board over to the tooth side.

Your baby's teeth are just like the permanent teeth, except the outside surface of their teeth, called ENAMEL, are thinner than your permanent teeth. This means it is easier for the baby teeth to get cavities. Your baby's teeth are most at risk as they are coming into the mouth.

I will demonstrate how a cavity develops.

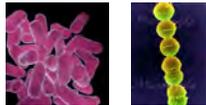
Tiny bits of breast milk, formula, and or food sticks to your babies teeth every time they eat.



Place a cookie magnet on the board.

Just like you, your baby has bacteria in their mouth. Some bacteria help us digest our food and some bacteria like to eat the same sugar and starchy foods we like to eat. Milk and breast milk are naturally sweet and contain sugars bacteria like to eat.

These are real pictures of the bacteria in your mouth taken with an electron microscope. One bacteria is called Lactobacillus and the other is called Streptococcus Mutan.



Show bacteria pictures.

We have a Streptococcus magnet and a little blue magnet that represents our Lactobacillus bacteria.



Place each bacteria on the board next to and on the cookie.

Both of these bacteria are invisible to our eyes, but you can often feel them in your mouth. They feel kind of fuzzy to your tongue. Your teeth should feel smooth, but when the bacteria gather together in groups called colonies they feel kind of fuzzy.

As the bacteria eat, other bacteria come and join together with them forming bacteria groups called



colonies. Add more bacteria.

Your Baby's Oral Health

The bacteria produce acid to help break down the food they are eating.



Acid



Add acid to the board.

The acid not only breaks down the food, it also breaks down the enamel covering the tooth.

For adults and babies, the 20-minute time period after eating is called the ACID ATTACK because this is when the bacteria increase, and the acid is the strongest. If the bacteria is not removed, then the next time the baby eats there will be more bacteria and more acid.



Decay



Place Decay on the board.

Eventually a hole develops in the enamel that we call a CAVITY or TOOTH DECAY.

Children's teeth can be destroyed in just a few months' time!



Hold up the illustration of a sliced tooth.

Decay is really an infection of the tooth. Once it enters the center of the tooth it can not only destroy the tooth, but it can also enter the blood stream and create a whole body infection.

Point out the center of the tooth and how it is nourished by blood.

When this happens it takes a doctor and a dentist to stop the infection.

This is why tooth decay is the number one reason children go to an emergency room!

The thin enamel of children's teeth makes them more vulnerable to getting this type of infection.

Turn the board over again and remove the magnet and show the audience the healthy mouth.



This is what a healthy mouth looks like.

Your Baby's Oral Health



Place the early childhood caries magnet on the board.

This is what a child's mouth looks like that has a lot of decay.

If we look closely, we can see that this child also has pus pockets in the gums above the teeth. This means the infection has spread from the teeth to areas above the teeth.

Point out the two pus pockets above the upper front teeth.

I asked you to remember that the baby teeth roots were touching and overlapping the permanent teeth. The decay of the baby tooth has spread the infection to the area around the permanent tooth. The permanent tooth will be affected and may even come into the mouth with damage from the infection and pus surrounding it.

Baby teeth are important and need to be taken care of. Cavities destroy the child's teeth, and the possible full body infection they create can actually threaten a child's life!

Again, tooth decay is an infection, the number one chronic childhood disease and the number one reason children end up in the emergency room!

So what can we do to stop this problem?

The good news is that it is easy and simple to do.

1. When the baby is born, make it a habit to wipe down the child's gums with a clean damp cloth. This helps remove the bacteria from the child's mouth even before the baby teeth arrive.
2. Once a baby tooth is visible use a soft toothbrush with the tiniest smear of fluoridated toothpaste twice a day.
3. As soon as 2 teeth arrive, be sure to gently floss the teeth.
4. For children over 2 use a very small pea size of fluoride paste on a soft brush.
5. Check your baby's teeth and gums once a month. If you see white spots on the teeth, take your baby to the dentist immediately as this may be the first sign of dental decay.
6. Do not put your baby to bed with a bottle or "sippy cup" containing anything but water. The constant sipping of anything but water creates multiple acid attacks during naps and at night. Formula, milk, juice, soda can cause your baby's teeth to decay in just a few months.
7. Remember to limit how much and when a child gets these same things during the day because constant sipping or eating of sugary and starchy foods can also rapidly destroy the baby's teeth.
8. When the child is old enough to hold food, choose healthy snacks like cheese, fruits, yogurt, and vegetables.
9. Schedule an appointment with the dentist when the baby's first tooth appears or by age one.

Your Baby's Oral Health

Sharing Bacteria

Babies usually receive their mouth bacteria from their family because mouth (oral) bacteria are shared through saliva. Saliva contains all the bacteria of each person's mouth so saliva is shared when we kiss our baby, allow our baby to put their fingers in our mouth, blow on their food, clean a dropped pacifier with our own mouth, and share our spoons or cups with baby. If there are other children or infants in the family then the toys become a common way that bacteria are transferred.

We are not going to stop kissing our baby but we can help our baby by keeping our own mouths as clean as possible.

- Visit your dentist and have regular checkups (every 6 months).
- Brush, floss and rinse your teeth twice a day.
- Help all your children do the same. Children under the age of 10 do not have the finger coordination to do an adequate job of both brushing and flossing.
- Never share your toothbrush or your baby's toothbrush. Everyone in the family must have their own toothbrush. Sharing brushes is sharing bacteria and even possibly infections.
- Limit the amount of sugar foods you eat to meal time when you have the maximum amount of saliva to help wash the teeth and prevent the acid attack.
- When you cannot brush –
 - Swish with water to remove the food around your teeth.
 - Wipe around your teeth with a tissue or napkin.
 - Use your tongue to remove food between and around your teeth.
 - Chew sugarless or gum containing xylitol to help remove food around your teeth.

To review:

- Taking care of your mouth also helps take care of the baby's mouth.
- Wiping down your baby's mouth after meals with a clean damp cloth helps keep the baby's mouth clean before the teeth arrive.
- Baby tooth loss due to infection can affect the permanent teeth in the gums above the baby tooth.
- A lost baby tooth can cause the permanent teeth to come in crooked teeth and cause crowding of the permanent teeth. It can also cause speech problems and digestive problems,
- Baby Tooth infection can cause full body infections that can endanger the life of the child.

Baby Teeth ARE IMPORTANT!

Exhibits

You will find exhibits for this lesson on the following pages. Exhibits are color pictures or examples that we suggest you print out and laminate. Slipping the color copies into plastic sleeve protectors is another way to protect the color copies and reuse them again.

Baby Card – “Germs That Cause Tooth Decay Exhibit/Handout”

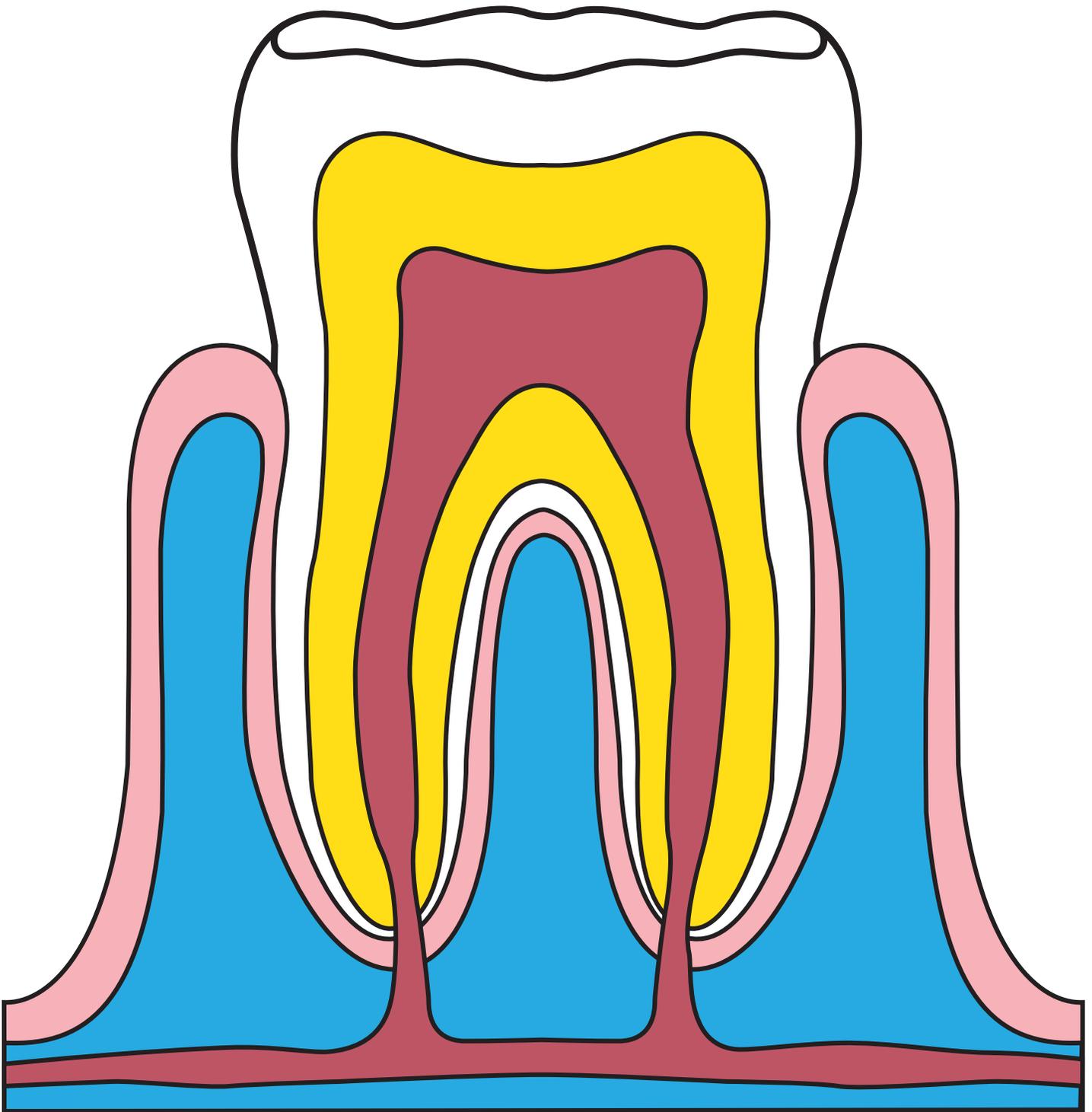
The following Baby Card, with “Germs that cause Tooth Decay” shown at the top is a very important piece for the audience to see. The information on it is so important that we have included a black and white version in the handout section of this lesson. There are other caregivers at home that also need to see this information and they too need to practice the information shown on the Baby Card.

Please make sure that you have enough copies of the Baby Card Exhibit or Handout to pass out to the audience so they can follow along while you explain the material.

We also suggest that you send home the black and white copies of the Brushing and Flossing Guide. Printing the Baby Card and the Brushing and Flossing Guide back to back is easy and lowers the cost of printing.

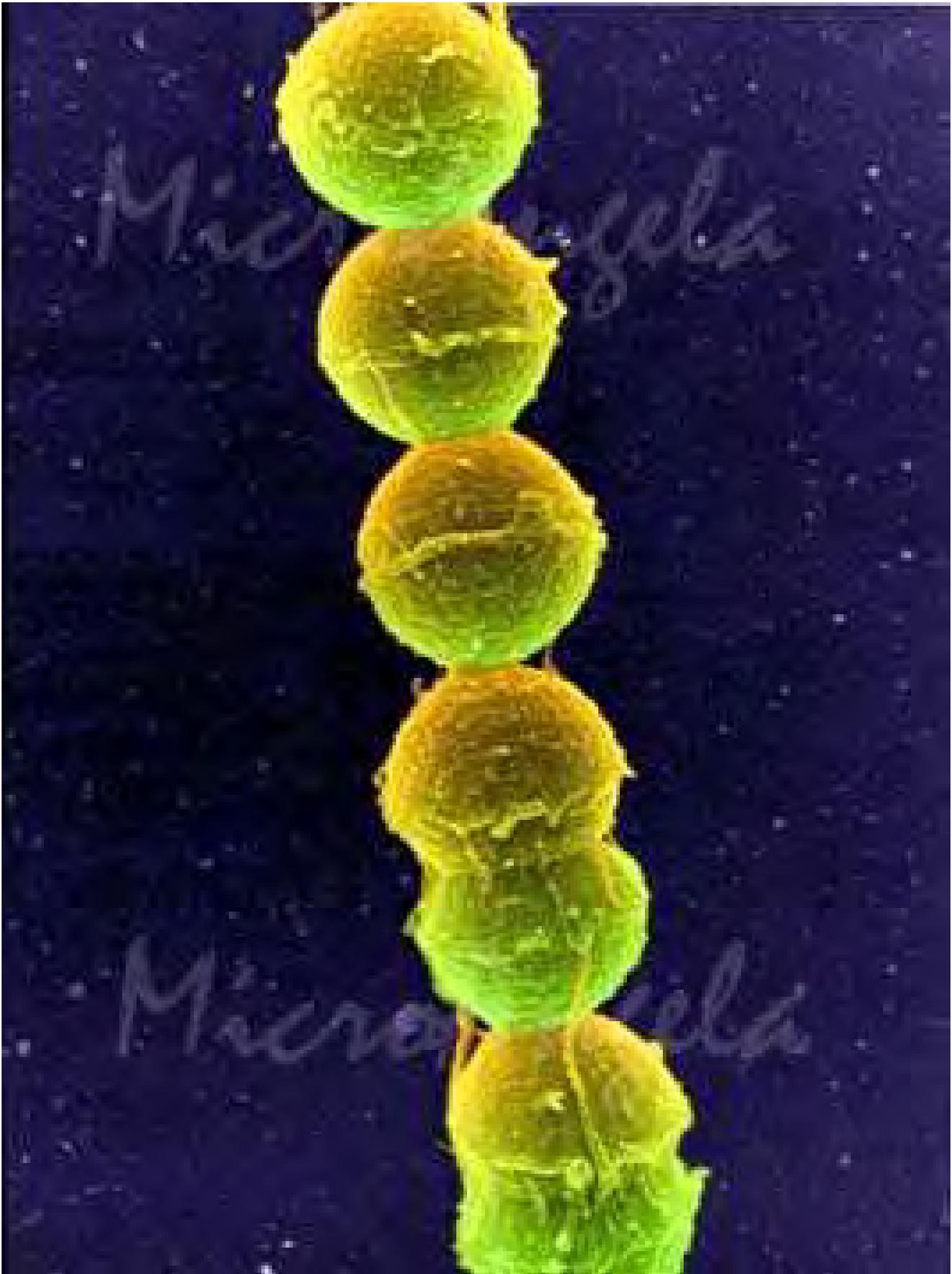
Glass Sharing Story – Germ Transmission

If you plan to use the Glass Sharing Story – Large prints of the pictures are provided in this section so you can show the pictures as you tell the story.

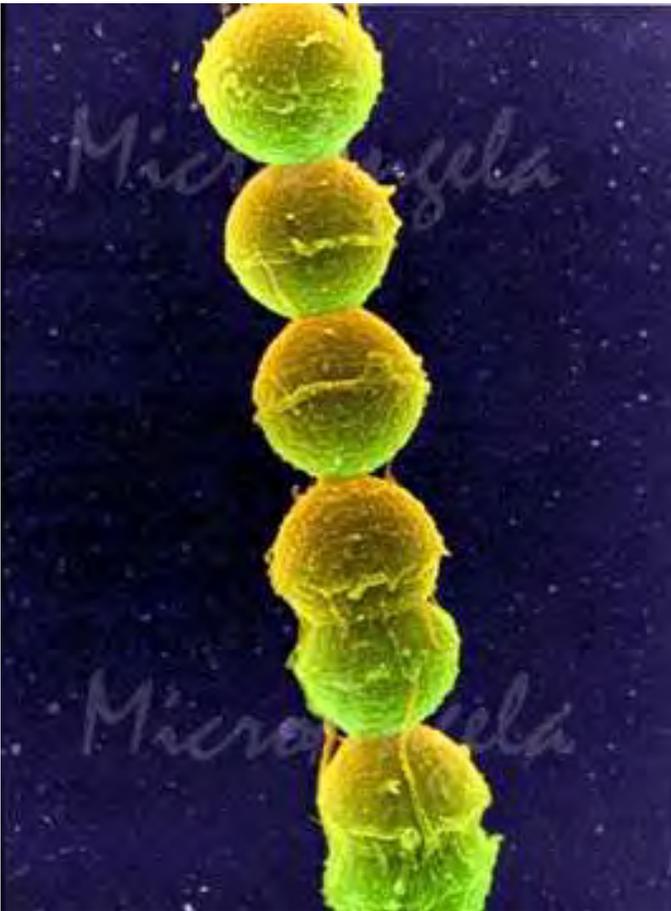


Anatomy of a Tooth

1. White - Enamel
2. Yellow - Dentin
3. Pink - Gum
4. Blue - Bone
5. Red - Pulp (Blood supply and nerves)



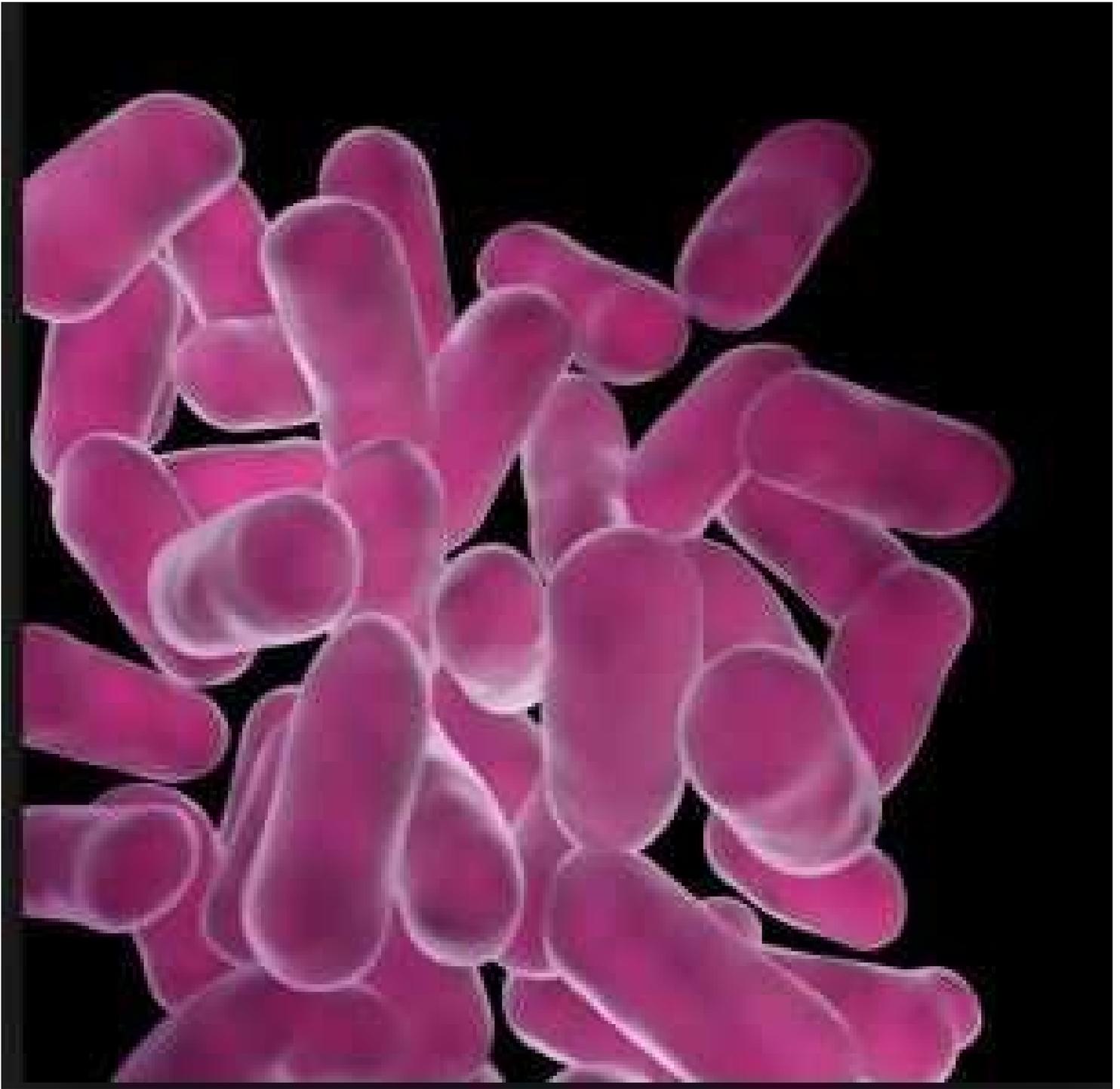
Photograph courtesy of MicroAngela www.pbrc.hawaii.edu/microangela



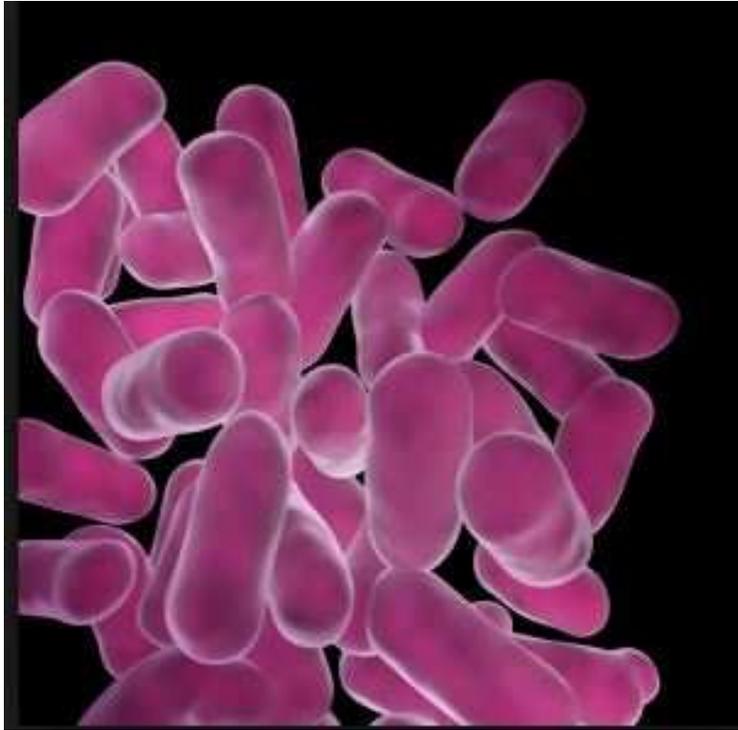
Photograph courtesy of MicroAngela www.pbrc.hawaii.edu/microangela

Streptococcus Mutans

Streptococcus Mutans are one of the most numerous bacteria found in the mouth. They join together to form long strings that attach themselves to the tooth. These long string end lying on top of each other forming a web like structure over the surface of the tooth. Other bacteria and small food pieces get caught in this web like structure. Streptococcus Mutans and these bacteria love to eat the foods we like to eat, especially sugar foods. When they eat they produce acid and the acid if left on the tooth produces decay. The web like structure is removed when we brush and floss our teeth.



Lactobacilli



Lactobacilli

Lactobacilli appear during the first years of a child's life, and are present in high numbers in saliva, on the tongue, mucous membranes, the hard palate, in dental plaque and on tooth surfaces.

The bacteria most responsible for dental cavities are *Streptococcus Mutans* and Lctobacilli.

Tooth decay is an infection caused by bacteria. The bacteria produce acid and the acid destroys the minerals in the tooth (demineralization) that make up the tooth surface called enamel.

This happens when food is left on the tooth surface and bacteria gather to eat the tiny bits of food on the teeth. As the bacteria eat they produce acid. The acid sits on the surface of the tooth and slowly starts to dissolve the minerals of the tooth leaving a pit and eventually a hole in the tooth. This hole is called a cavity. If left untreated, the disease can lead to pain, tooth loss and infection. Today, caries remain one of the most common diseases throughout the world.

GERMS

THAT CAUSE TOOTH DECAY
ARE SPREAD BY:



FINGERS



UTENSILS



TOYS



CUPS/BOTTLES

KEEP YOUR MOUTH & YOUR BABY'S MOUTH HEALTHY

GERMS THAT CAUSE CAVITIES CAN CAUSE:

1. PAIN & SWELLING
2. SERIOUS INFECTION THROUGHOUT BODY

PARENTS, CONTROL YOUR GERMS:

1. WASH YOUR HANDS OFTEN
2. BRUSH, FLOSS AND RINSE WITH MOUTHWASH DAILY
3. VISIT YOUR DENTIST & DENTAL HYGIENIST REGULARLY

PARENTS, REMEMBER:

1. NEVER PUT YOUR CHILD TO BED WITH MILK OR JUICE - ONLY WATER
2. AFTER FEEDING:
WIPE YOUR BABY'S GUMS WITH WET WASHCLOTH
BRUSH YOUR BABY'S TEETH WITH SOFT TOOTHBRUSH

LOS BEBÉS NACEN CON BOCAS LIBRES DE GÉRMENES

3

LAS FAMILIAS DESPARRAMAN
LOS GÉRMENES AL COMPARTIR
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EXAMPLES OF EARLY CHILDHOOD CARIES



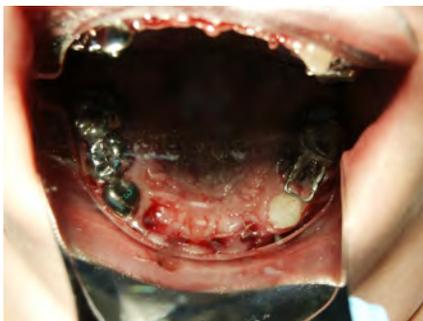
18 MONTHS



AGE 4



AGE 5



AGE 3



AGE 3



AGE 6



Ejemplos De Caries En La Infancia



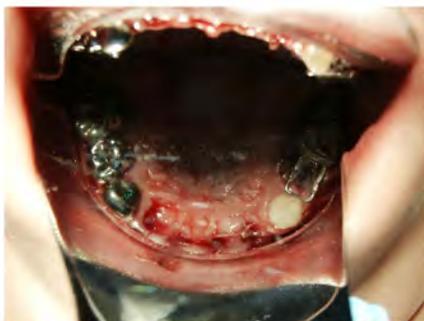
18 MESES



4 AÑOS



5 AÑOS



3 AÑOS



3 AÑOS



6 AÑOS



1. Suds isn't feeling well.



2. Suds decides to drink some juice



3. Suds tells Bubbles he is going to lie down.



4. Bubbles decides to drink some juice.



5. Now Bubbles doesn't feel well.



6. Oh no mom, don't drink from the glass.



7. Mom knows better and she washes the glass.



8. Mom serves both her sick children their juice in separate glasses.

Handouts

Baby Card – “Germs That Cause Tooth Decay” exhibit/handouts are presented in both English and Spanish. The Baby Card is a two sided handout and exhibit. Use the color piece for your presentation and the black and white as a handout. The handout carries important information home to teach the caregivers in the family how to protect the children in their care.

The Glass Sharing Story which follows is a two sided handout and needs to be printed as a two sided handout.



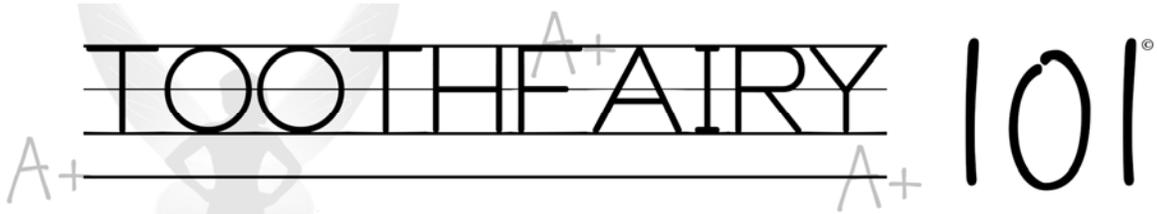
Take Care of Your Baby's Teeth and Gums

Follow these tips to maintain your baby's oral health and prevent tooth decay!

- Wipe your baby's gums, cheeks and tongue with a clean damp washcloth or soft toothbrush and warm water after each feeding.
- Once your baby's teeth erupt, begin using a toothbrush with a smear of non-fluoride toothpaste twice a day. Use a very small, pea-sized amount of fluoride toothpaste for children over 2 years.
- Schedule an appointment with the dentist when your baby's first tooth appears or by age one.
- If you have active tooth decay, you can transmit decay-causing bacteria to your baby through saliva-transferring behaviors. Avoid placing a dropped pacifier in your mouth to "clean" it, blowing on your baby's food, pre-chewing your baby's food, or sharing utensils, food and drinks.
- Check your baby's teeth and gums once a month for white spots. If you see white spots, take your baby to the dentist immediately. White spots may be the first indications of decay.
- Some parents think they need to put a bottle or "sippy cup" in the bed because the baby needs to eat during the night. Babies do not need to have a bottle or "sippy cup" filled with juice or milk in the bed at night.
 - 4 mo. olds can sleep 6 hrs. without needing food
 - 5 mo. olds can sleep 9 hrs. without needing food
 - 6 mo. olds can sleep 12 hrs. without needing food

Do not put your baby to bed with a bottle or "sippy cup" containing anything other than water. Milk, juices and even breast milk contain natural sugar, and when they sit on the teeth all night, they cause decay.

- Refrain from giving your baby sweets such as cookies, candy and sugary drinks. When possible, choose healthy foods such as fruits, vegetables, cheese and yogurt over snacks containing high amounts of sugar.
- Do not let your baby carry around a bottle or "sippy cup" during the day filled with anything but water. Give your baby milk or juices as part of their meals. Teeth constantly bathed in milk and juice creates decay.



Cuida los dientes y encías de tu Bebe

Sigue los siguientes consejos para mantener la salud dental de tu Bebe y prevenir la caries dental.

- Limpia las encías, mejillas y lengua de tu Bebe con un paño húmedo limpio o puedes utilizar un cepillo de cerdas suaves y agua tibia después de cada comida.
 - Una vez empiecen a salir los dientes de tu Bebe, utiliza un cepillo con pasta dental sin fluoruro dos veces al día. Utiliza pasta dental con fluoruro en cantidades bien pequeñas en niños mayores de 2 años.
 - Haz una cita con tu dentista cuando el primer diente de tu Bebe aparezca, o cuando cumpla su primer año.
 - Si tienes caries dental, puedes transmitir la bacteria a tu Bebe mediante comportamientos que pongan tu saliva en contacto con tu Bebe. Evita colocar en tu boca el biberón de tu Bebe después que se cayó al suelo para limpiarlo. No soples la comida de tu Bebe. No mastiques la comida de tu Bebe. No compartas los cubiertos, comida y bebidas con tu Bebe.
 - Revisa que los dientes y encías de tu Bebe no tengan manchas blancas una vez al mes. Si ves manchas blancas, lleva a tu Bebe al dentista inmediatamente. Las manchas blancas podrían ser el primer indicativo de caries dental.
 - Algunos padres piensan que necesitan dejar un biberón en la cama del Bebe por que necesitan comer durante la noche. Los Bebes no necesitan tener un biberón o botella llena de jugo o leche durante la noche.
 - Niños de 4 meses pueden dormir 6 horas sin necesidad de comida
 - Niños de 5 meses pueden dormir 9 horas sin necesidad de comida
 - Niños de 6 meses pueden dormir 12 horas sin necesidad de comida
- No pongas a dormir a tu Bebe con un biberón o botella que contenga algo diferente a agua. Leche, jugos inclusive leche materna, contienen azúcares naturales, y cuando se queda en los dientes de tu Bebe toda la noche, puede causar caries dental.
- Abstente de dar cosas dulces a tu Bebe, cosas como galletitas, dulcitos y bebidas azucaradas. Siempre que se te haga posible, escoge comidas saludables, tal como frutas, vegetales, queso y yogurt en ves de golosinas que contienen bastante azúcar.
 - No permitas que tu Bebe cargue durante el día un biberón o botella con líquidos que no sean agua. Dale a tu Bebe leche y jugos como parte de las comidas. Los dientes que están constantemente en contacto con leche y jugos, les puede dar caries dental.

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Glass Sharing



1. Suds isn't feeling well.



2. Suds decides to drink some juice.



3. Suds tells Bubbles he is going to lie down.



4. Bubbles decides to drink some juice.



5. Now Bubbles doesn't feel well.



6. Oh no mom, don't drink from the glass.



7. Mom knows better and she washes the glass.



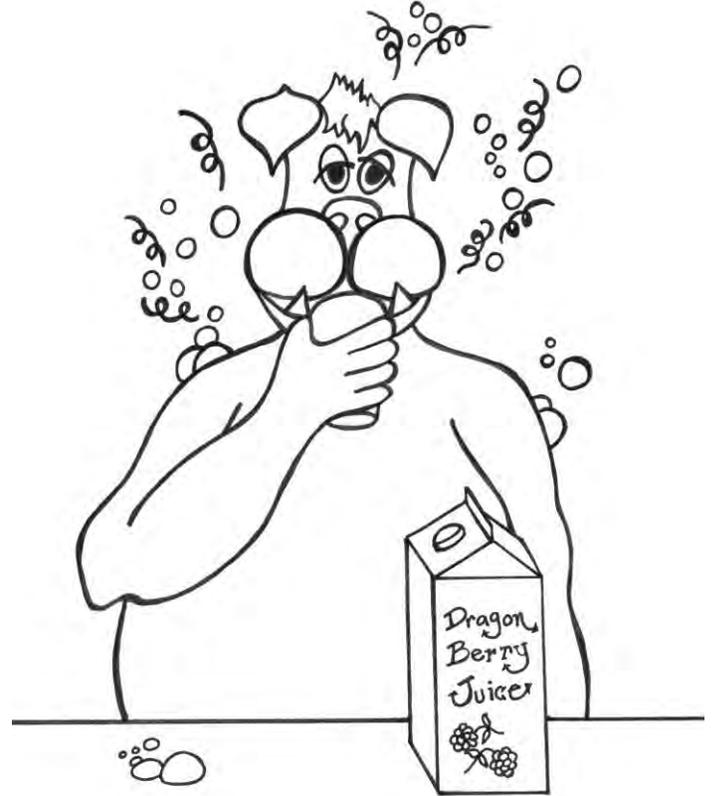
8. Mom serves both her sick children their juice in separate glasses.

Sharing glasses is sharing germs.

Compartir Vaso



1. Suds no se siente bien.



2. Suds decide tomar un poco de jugo.



3 Suds le dice a Bubbles que se va a recostar.



4. Bubbles decide tomar jugo.



5. Ahora Bubbles no se siente bien.



6. ¡Oh no! Mamá, no tomes en este vaso.



7. Mamá si sabe que debe lavar el vaso, y lo lava.



8. Mamá les sirve jugo a sus dos niños Enfermos en vasos separados.

Compartir vasos es compartir gérmenes.

EXAMPLES OF EARLY CHILDHOOD CARIES



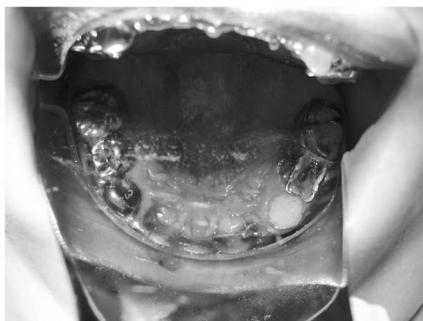
18 MONTHS



AGE 4



AGE 5



AGE 3



AGE 3



AGE 6

A+
TOOTHFAIRY
A+



Ejemplos De Caries En La Infancia



18 MESES



4 AÑOS



5 AÑOS



3 AÑOS



3 AÑOS



6 AÑOS