

Re: Fluoride toothpaste new guideline at 1 yr. old

Source: <http://sci.tech-archive.net/Archive/sci.med.dentistry/2004-12/6402.html>

From: The Webby (*nospamattmjatroepidemicnospam_at_san.rr.com*)

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In article

<nospamattmjatroepidemicnospam-8C5DE4.10401615122004@orngca-news04.socal.rr.com>,
The Webby <nospamattmjatroepidemicnospam@san.rr.com> wrote:

> *In article*

> <nospamattmjatroepidemicnospam-1B8AD0.10381115122004@orngca-news04.socal.rr.com>,
> *The Webby* <nospamattmjatroepidemicnospam@san.rr.com> wrote:

> >

>

> > *I wish we had a pediatric dentist in smd right about now.*

> >

> > *Do we?*

> >

> > *TW*

>

> *For those interested in the topic "Caring for your Child's Teeth",*

> *please read the information on the following link:*

>

> <http://www.chsd.org/body.cfm?id=256>

>

> *Comments are encouraged.*

>

> *TW*

For those who don't have access to the Web (it could happen ;-)

Caring for Your Child's Teeth

Cavities are a serious infection that can affect a child's general health, growth and development.

Cavities are catching. New research tells us that cavities, which are a bacterial INFECTION, are actually ³catching.² Babies are not born with cavity-causing germs. They get the bacteria from their parents and caregivers through sharing foods and drinks. That makes it very important for parents to not share foods or eating utensils to reduce

the possible transfer of cavity causing germs to young children. It's also important for parents to brush and floss daily and get any cavities they have treated — to reduce the amount of cavity germs in their mouths.

Primary, or baby teeth, are important for talking, eating, and self-esteem. Cavities in these teeth:

- * Are an infection
- * Can cause pain if left untreated
- * Can cause eating problems and weight loss if chewing becomes painful
- * Can cause crooked permanent teeth if primary teeth are lost too soon
- * Can affect the way a child looks and feels about herself
- * Can become very costly to repair
- * Can cause missed school days due to pain and infection and affect a child's ability to learn
- * Can cause difficulty sleeping due to pain

Check teeth for cavities.

Once a month lift the child's lip and look for chalky white or brown spots. Especially check the upper front teeth where the gums and teeth meet, on the inside and the outside. White spots can be the beginning of cavities. Your dentist may apply fluoride to slow the development of a cavity. If you see any, take your child to the dentist. Brown spots may indicate cavities.

The well-dental visit.

The American Academy of Pediatricians and the American Academy of Pediatric Dentists recommend that your child have his first dental check-up by the first birthday. The visit is a way to prevent dental problems and catch any problems early. Your dentist will discuss 1) correct way to brush and floss, 2) fluoride, 3) healthy feeding, and 4) sealants for school-age children. Continue to schedule dental check-ups for your child every six months.

Preventing Cavities – Infant and Toddlers

- ü Don't put baby to bed with a bottle. Anything but water can promote cavities. Instead, hold baby while feeding, which promotes closeness.
- ü Put only formula, breast milk or milk in baby's bottle, sipper cup or open cup at mealtime. Juices and other sugary drinks can promote tooth decay. Water should be given between meals.
- ü Start your child on an open cup at six months. Practice with water. Wean her from the bottle around 1 year.
- ü Don't let child walk around or ride in the car or stroller with a bottle or sipper cup with anything but water. Otherwise the sugar in milk or juices is on the teeth longer and promotes cavities.
- ü Don't dip pacifier in honey or anything sweet, because it promotes cavities. Never clean a pacifier with your saliva because it can transmit cavity germs.
- ü Before teeth come in, clean gums with a clean cloth once a day to get baby used to mouth cleaning.

- ü Gently brush baby's teeth twice a day as soon as they come in to remove cavity germs and food. The bedtime brushing is the most important. Use a tiny pea-size amount of fluoride toothpaste as early as age one. Remove the excess with a washcloth.
- ü Once two teeth touch each other, start flossing between those teeth once a day.
- ü Avoid snacking on sugary foods or drinks, crackers or anything that sticks to the teeth. These foods feed the cavity-causing germs.
- ü Snack on juicy cut-up fruits, vegetables and cheese.
- ü Ask your pediatrician/dentist about fluoride tablets or drops if you don't have fluoridated water. Fluoridated water is the best way to cut down on cavities.
- ü Prevent tooth injury by using corner guards on furniture, gates, and keeping electrical cords out of reach.

Preventing Cavities Preschoolers

- ü Continue brushing your child's teeth morning and bedtime and flossing once a day until he can tie his own shoe, about 5 or 6. For safety, don't let her walk around with a toothbrush. Use a small pea-size amount of fluoride toothpaste. Have him spit out or wipe out excess.
- ü Continue dental check-ups every six months.
- ü Continue to use fluoride tablets as prescribed by your doctor or dentist.
- ü Continue healthy snacking. Avoid carbonated beverages. Even sugar-free sodas can weaken the enamel.
- ü Discontinue pacifier use and discourage thumb or finger sucking around age 3 or 4.
- ü Don't use candy or other food treats as a reward. Instead use hugs, stickers, small toy, or reading time.
- ü Don't discipline by hitting your child in the face, which can cause permanent tooth injury.

Preventing Cavities School age children

- ü Continue dental check-ups every six months.
- ü Ask your dentists about sealants, which are a plastic coating, applied to permanent molars to prevent cavities. Avoid chewing on ice, which can break sealants.
- ü Monitor your child's brushing morning and bedtime and flossing once a day.
- ü Continue to use fluoride toothpaste and fluoride tablets as prescribed by your doctor or dentist
- ü Offer healthy snacks. Avoid candy, fruit roll ups, dried fruits, crackers and other foods that stick in the teeth because they promote tooth decay. Also avoid sour candy and powders and lemons, which can break down the tooth's enamel.
- ü For cavity-prone children, chewing sugarless gum with the sweetener, xylitol, 3-4 times a day helps prevent cavities.

sci.med.dentistry: Re: Fluoride toothpaste new guideline at 1 yr. old

For help in finding a dentist for your child, call:

Children's Pediatric Dental Clinics at (858) 966-4094 or

Children's Customer Care and Referral Service at 800-788-9020.

For more information on preventing injury and what to do with a knocked out tooth, see [tooth injury](#) and [mouthguards](#).

[Children's Pediatric Dental Clinics](#)

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