

# **Anticipatory Guidance and Fluoride Varnish Information & Demonstration**

**September 16, 2014**

**9TH HEALTHY SMILE HAPPY CHILD TELEHEALTH SESSION**

Presenters:

**Mary Bertone**

**Dr. Bob Schroth**



*Healthy Smile  
Happy Child*

# ANTICIPATORY GUIDANCE

## For Each Stage (immunization):

- Newborn
- 2 Months
- 4 Months
- 6 Months
- 1 Year
- Yearly Message



As a child care educator/health promoter, you are ideally positioned to provide oral health care and hygiene information during **family engagement** in the early years of a child's life or before.



# Anticipatory guidance can prevent dental caries for:

- Messages are stages ahead of baby growth and development...



# Pregnant Women



1. **Eat healthy food rich in calcium & vitamin D.**  
Helps with strong teeth development.  
Teeth begin forming at 6 weeks in utero!



2. **'2 FOR 2'** ~ Brush for 2 minutes, 2 times/day.  
Clean in-Between 1 times/day.



3. **Morning sickness** ~ acid attacks teeth.  
Rinse with baking soda & water to neutralize acid; spit out.  
Wait 20 minutes, then brush using toothpaste with fluoride.



4. **Check your mouth for problems** ~ Increased risk for bleeding gums.



5. **It's safe to go to see your dental team.** Make a dental appointment to fix any teeth with active tooth decay.



# Newborn

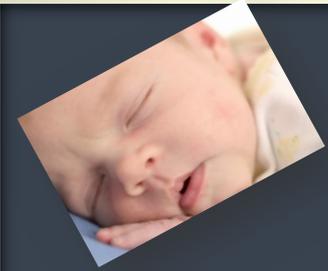
1. **Breastfeeding is the best food for your baby.**  
Give your breastfed baby a **Vitamin D supplement daily** to grow a strong jaw and healthy teeth.
2. Poor bottle-feeding practices with infant formulas may increase your baby's risk of early childhood tooth decay.
3. Wipe baby's gums after each feeding starting at birth with a clean and damp wash cloth.
4. It is important for mom to take care of her teeth to prevent the spread of cavity-causing bacteria to baby.
5. Good oral health habits will prevent tooth decay.



# 2 Months

1. Wipe baby's gums after each feeding with a clean and damp wash cloth.
2. Never put your baby to bed with a bottle.
3. Always hold baby to feed. Never prop a bottle using a pillow.
4. Use soother as a pacifier instead of a bottle (after breastfeeding is well-established).
5. Use a teething ring instead of teething biscuits.





# 4 Months

1. Lift the lip to look for early signs of tooth decay! Look for white spots.
2. Start brushing baby's teeth as soon as the first tooth appears.
3. Use a small amount (the size of a grain of rice) of toothpaste with fluoride.
4. Never put your baby to bed with a bottle. When baby can have water, give only water!
5. **Switch from the bottle to a sippy cup at 6 months.** Choose a **valve-free** cup and avoid the no-spill sippy cup.



# 6 Months

1. Brush baby teeth twice daily using a **rice grain-sized** amount of fluoride toothpaste.
2. Plan your child's visit to the dental team for a check-up by his or her 1st birthday or earlier.
3. **Use the sippy cup for milk and water only.** Offer milk at meals, and offer water frequently through the day. Avoid juice or limit to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup per day, and only at meals.
4. Put only plain water in the sippy cup or bottle between meals and if needed at bedtime.
5. Introduce healthy foods that are low in sugar, such as vegetables, fruits, cheese, in a variety of soft textures.





# 1 Year

1. Continue to check your child's teeth at least once a month for signs of decay. Lift the top lip and look for white spots.
2. Switch from the bottle and sippy cup to a regular cup by 14 months.
3. Brush baby teeth twice daily using a rice-grain sized amount of fluoride toothpaste.
4. Offer milk at meals, and offer water frequently through the day. Avoid juice or limit to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup per day, and only at meals.
5. Choose healthy food and snacks that are low-sugar such as vegetables, fruits, cheese and milk.



# Yearly Messages

1. Check your child's teeth at least once a month for signs of decay. Lift the top lip and look for white spots.
2. Brush baby teeth for two minutes twice daily using toothpaste with fluoride.
3. Take your child to visit the dental team regularly.
4. Set a good example for your child by taking care of your own teeth and gums. Eat food and drinks low in sugar.
5. Encourage family time by brushing as a family. Do not share a toothbrush.



# Online Resources

## ➤ **Protecting All Children's Teeth (PACT):**

Oral health training by the American Academy of Pediatrics.

<http://www.aap.org/oralhealth/pact/index.cfm>

## ➤ **Open Wide:**

National Maternal and Child Oral Health Resource Center.

<http://www.mchoralhealth.org/OpenWide/index.htm>

## ➤ **Smiles For Life:**

Oral health educational resources for health professionals.

<https://www2.aap.org/oralhealth/SmilesForLife.html>

# Online Resources

## ➤ **Winnipeg Health Region:**

Multi-lingual patient information

[http://www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)

## ➤ **Canadian Dental Association:**

Oral health for the public

[http://www.cda-adc.ca/en/oral\\_health/](http://www.cda-adc.ca/en/oral_health/)

## ➤ **Bright Futures:**

Produced by the American Academy of Pediatrics with information for practitioners

<http://brightfutures.aap.org/>

# Online Resources

## ➤ Health Canada:

Information on First Nations & Inuit Health dental benefits

<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/dent/index-eng.php>

## ➤ Canadian Paediatric Society Program:

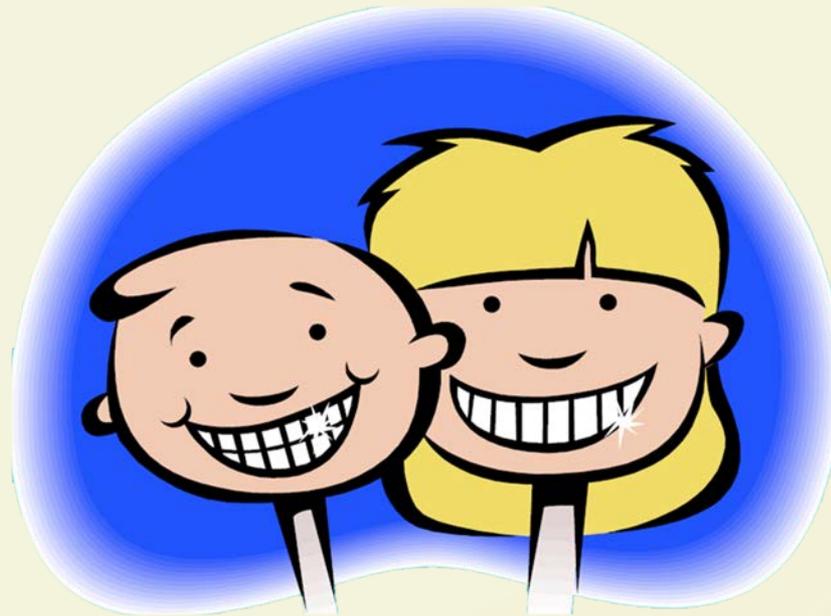
Reducing dental caries in preschool children: a primer for non-dental health care professionals

[http://www.advancingin.com/apps/programviewer/default.aspx?section=mp&program\\_id=2385](http://www.advancingin.com/apps/programviewer/default.aspx?section=mp&program_id=2385)

# QUESTIONS?



# FLUORIDE VARNISH



# Why Fluoride?

- ❖ Forms a mineralized layer that protects the tooth surface against acid.
- ❖ Topically applied fluoride offers the best effect for preventing dental caries and should be applied at regular intervals.
- ❖ **Prevents dental caries in three main ways:**
  1. By inhibiting plaque formation
  2. By inhibiting demineralization of tooth enamel
  3. By enhancing remineralization of tooth enamel

# Types of Fluoride

## Dental Office

- ❖ Concentrated treatment ~ gels, foams and varnishes

## Toothpastes and Mouth Rinses

- ❖ Begin using toothpaste with fluoride once the first tooth erupts. Parents load toothpaste; teach children to spit out

## Water Fluoridation

- ❖ Can occur naturally in well water
- ❖ Can be added to community drinking water

## Fluoride Supplements

- ❖ Chewable tablets, lozenges or drops (prescribed, high-risk patients)

# Fluoride Varnish

## **Safe, effective, quick**

- ❖ No risk of swallowing – great for very young children

## **Protective liquid coating**

- ❖ Easy to apply

## **Can stop & reverse early stages of ECTD**

- ❖ Makes teeth strong & resist decay
- ❖ Strengthens already weak areas

# Risks



## Dental Fluorosis

- ❖ A permanent hypomineralization of tooth enamel due to a fluoride-induced disruption of tooth development.

## Cause of Dental Fluorosis

- ❖ Fluorosis occurs when children ingest **higher than optimal** fluoride levels during tooth formation.

## Who is at Risk?

- ❖ Children up to the age of 8, especially during the first three years, can be affected by fluorosis.

## Effects

- ❖ Does not endanger the child's health.
- ❖ Cosmetic condition, not functional.
- ❖ May appear as white specks on the teeth.
- ❖ More severe form can cause pitting and brownish discoloration on teeth.



# How to apply Fluoride Varnish

## ❖ Position:

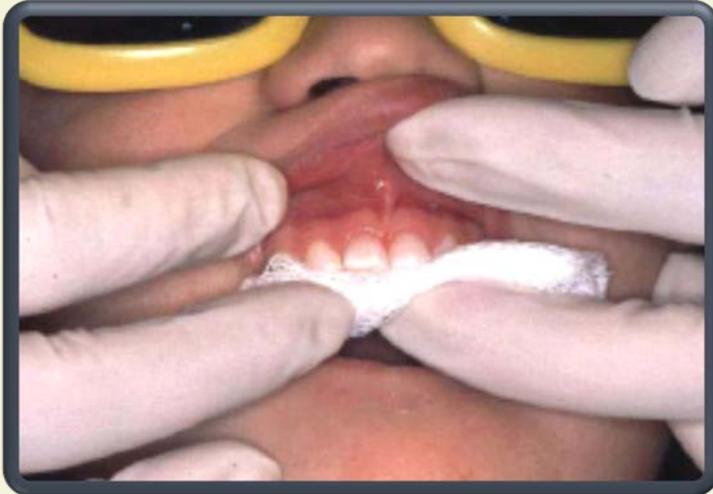
- The child is placed in the knee-to-knee position.
- The child's head is on dentists' lap.
- The child's legs are placed around the parent's hips.
- The parent should hold the child's hands.



## ❖ Technique:

- Child's teeth are dried with gauze.
- Fluoride varnish is painted on the teeth with a small brush.
- The dentist will keep the child's tongue and cheeks out of the way using fingers.
- Young children often cry during the application but this means that their mouth will be nice and wide open.

# How to apply Fluoride Varnish



Images extracted from the American Academy of Pediatrics Pediatric Guide to Oral Health Flip Chart  
[http://www2.aap.org/oralhealth/docs/OralHealthFCpagesF2\\_2\\_1.pdf](http://www2.aap.org/oralhealth/docs/OralHealthFCpagesF2_2_1.pdf)

# How to apply Fluoride Varnish

## Youtube Video

- ❖ Fluoride Varnish for health professionals

<http://www.youtube.com/watch?v=8A5jrVuxSHc>





# Follow-up Instructions

- ❖ Do not brush the child's teeth until the next day.
- ❖ Fluoride varnish should remain on the teeth for 6 to 8 hours for optimum fluoride uptake.
- ❖ Child's teeth may appear slightly yellow; this is temporarily discoloration and will go away once the teeth are brushed.
- ❖ It is safe for the child to eat or drink immediately after the fluoride varnish has been applied, but avoid hot liquids.
- ❖ Give parent the fluoride varnish manufacturer's instruction sheet.

## Where to Purchase?

Please contact Healthy Smile Happy  
Child at 204-789-3500 or  
[hshcinfo@mich.ca](mailto:hshcinfo@mich.ca) for a list of suppliers.



demo

demo

# Demonstration



# QUESTIONS?



# Our next Telehealth...

## Hot Topics in Social Media

- Oil Pulling
- E-Cigarettes
- Concerns about bleaching  
and more!

*Do you have a burning question about oral health?*

*Email: [hshcinfo@mich.ca](mailto:hshcinfo@mich.ca)*





# **Healthy Smile Happy Child Project**

**Winnipeg, Manitoba.**

**For more resources, visit**

**[http://www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)**