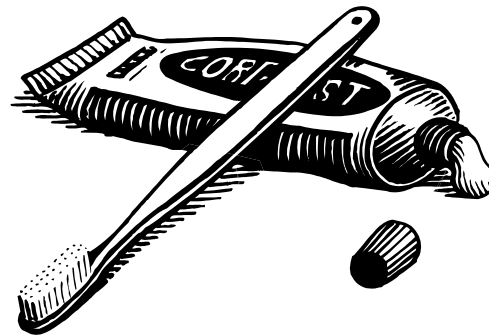




# True or False?

If some toothpaste is good,  
then more is better.



Produced by the Healthy Smile Happy Child Project. Winnipeg, Manitoba.  
Adapted and reprinted in 2011 by Healthy Start for Mom & Me with contribution from the Public Health Agency of Canada. Download copies at: [http://www.wrha.mb.ca/healthinfo/preventill/oral\\_child.php](http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php)  
Revised May 2014.

# False

- Children under 4 swallow **almost half** of the toothpaste they use.
- Swallowing too much toothpaste can lead to discoloured adult teeth (called fluorosis).
- The amount of toothpaste to use is:
  - From birth to age 3 - ask your dental professional if your child is at risk for tooth decay\* *If child is at risk*, use a small amount (the size of a **grain of rice**) of fluoride toothpaste. (\*Some risk factors: living in an area with non-fluoridated water, white chalky areas or cavities on teeth, many sugary snacks/drinks between meals, teeth are not brushed daily...)
  - From age 3-6 use a **green pea-sized** amount of toothpaste.



True or False?



8 years old  
is when children should  
start brushing on their own.



# True

- From birth to age 8 an adult should help a child with brushing.
- At age 8, the child is able to brush properly (they can clean those hard to-reach places).



True or False?



A child should see a dentist by age 1.



# True

The American Academy of Pediatric Dentistry says:

- The earlier the dental visit, the better the chance of preventing dental problems.
- Children with healthy teeth chew food easily and smile with confidence.

Find out more at the American Academy of Pediatric Dentistry's website:  
<http://www.aapd.org/publications/brochures/babycare.asp>

# True or False?

Breastfed babies  
are held when feeding.  
Bottle-fed babies  
should be held too.



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# True

- Holding your baby while feeding is necessary physical and brain development time for baby - and is important for baby's healthy mouth too!
- Leaving a baby to bottle feed alone is known to cause rotten teeth and gums
  - Constant and slow sipping keeps sugars in the mouth that make bacteria.
- Children who are bottle-fed and who swallow milk while lying down (propping a bottle or putting baby to bed with a bottle) can also get ear infections.

*(Canadian Pediatric Society (Updated 2009). Found at: [www.caringforkids.cps.ca/whensick/EarInfections.htm](http://www.caringforkids.cps.ca/whensick/EarInfections.htm))*





True or False?

Parents can check their child's teeth for signs of decay.



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# True

- As soon as your baby's first tooth comes in, check at least once a month for tooth decay.
- Lift their top and bottom lip and look for white lines along the gums of the front teeth and brown or decayed spots on teeth.
- For more information on checking for tooth decay:  
See "lifting the lip" picture in the purple Healthy Smile Happy Child flip chart on page 12.



# True or False?

Pregnant women with gum infections are more likely to have a premature baby.



# True



- **Untreated gum infection affects mom and baby:**
  - Pregnant mothers with untreated gum infections are 7 times more likely to have an underweight, premature baby.
  - The mother could also lose teeth.
- Pregnant mothers get more gum infections because of pregnancy hormones.
- **To avoid gum infections:**
  - Visit a dentist as early on in pregnancy to ensure your gums and teeth are healthy. **Don't forget to tell your dentist you are pregnant.**
  - Brush and floss regularly (at least 2 times per day).





True or False?

Baby tooth decay  
can be prevented.



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# True

- Although baby tooth decay is the most common infectious disease in children, it **can be prevented** (*Oral Health Journal, 2008*<sup>1</sup>).
- You can help avoid this painful disease:
  - Before baby's teeth come in, wipe their gums often with a small washcloth.
  - **From birth to age 3** - ask your dental professional if your child is at risk for tooth decay\*  
→ *If child is at risk*, use a small amount (the size of a **grain of rice**) of fluoride toothpaste.
  - **From age 3-6** - use a **green pea-sized** amount of toothpaste.
  - Avoid bedtime bottles and propping bottles, most beverages have sugar that coat baby's teeth and can lead to tooth decay.
  - Take your baby to see a dentist by age 1.

\*Some risk factors: living in an area with non-fluoridated water, white chalky areas or cavities on teeth, many sugary snacks/drinks between meals, teeth are not brushed daily or caregiver has tooth decay.

#### \*Facilitator Tip:

Baby tooth decay used to be called nursing caries (cavities) but the name was changed because it gave the impression that breastfeeding causes tooth decay. Baby bottle tooth decay and early childhood caries are other names for baby tooth decay.

<sup>1</sup>Anderson, R.D., Cooney, P., & Quiñonez, C. R. (2008). Your Health Care Team, Early Childhood Caries, and Dental Care Policy. *Oral health Journal*. Retrieved January 28, 2011 at: <http://www.oralhealthjournal.com/issues/story.aspx?aid=1000219900>



True or False?

Propping a baby's bottle can lead to baby tooth decay.



# True

- Propping the bottle leads to liquid pooling in the baby's mouth.
- This bathes the teeth in sweetness (sugar) and can lead to baby tooth decay.

\*Facilitator Tip:

Discuss and demonstrate what bottle propping is. Propping can also cause ear infections.

*(Canadian Pediatric Society (Updated 2009). Found at: [www.caringforkids.cps.ca/whensick/EarInfections.htm](http://www.caringforkids.cps.ca/whensick/EarInfections.htm))*





True or False?

Babies should be weaned off the bottle or sippy cup at age 1.



# True

- Using a regular cup at age 1 is important for babies' teeth.
- Regular cups keep sugar from coating the mouth, unlike bottles and sippy cups.
- Try not to give sugary beverages. If you do, give small amounts:
  - Only ½ cup unsweetened juice per day.
- **Remember:**
  - Brushing often is best, especially after sugary drinks or foods.
  - Help children brush until they turn 8.



True or False?

Juice is better than pop for teeth.



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# False



- For teeth, juice is **NO** better than pop.
- Unsweetened juice *is* a more nutritious choice but it has **almost the same amount of sugar as pop!** *Unsweetened juice has natural sugar.*
- After 9 months, if you give juice, limit to ½ cup per day.