

Quick Tips

To help protect your child's teeth:

- Remove the breast or bottle from your child's mouth when they stop sucking or fall asleep
- If you must give your baby a bottle in bed, use plain water only
- Avoid having your child walk around with a bottle or sippy cup throughout the day
- Wipe your baby's teeth and gums with a clean washcloth or small soft toothbrush after every feeding
- Lift your child's lip each time you brush. Look for chalky white or dark brown spots. They may be early signs of tooth decay.
- If your child uses a soother, do not dip it in anything sweet
- If your child uses a soother, do not clean it by putting it in your mouth. Avoid sharing utensils, because cavity-causing germs can be passed between you and your child.
- Have your child's teeth checked by a dentist or dental hygienist by age one
- Offer your child healthy foods and snacks
- Use a pea-sized amount of fluoridated toothpaste on a small soft toothbrush once your child can spit it out, usually at the age of three. Children need supervision during brushing.
- Model healthy dental habits



Early childhood tooth decay is preventable.

Your child's teeth can be checked by a dental hygienist at one of our dental clinics at no charge.

To receive more information about *Early Childhood Tooth Decay*, the *Children in Need of Treatment (CINOT) Program*, the *Healthy Smiles Ontario (HSO) Program* or to book an appointment, call York Region Community and Health Services at **905-895-4512** or **1-800-735-6625** or visit our website at www.york.ca/teeth

CLINIC LOCATIONS

Newmarket
22 Prospect Street
Newmarket ON

Markham
4261 Highway 7 East
Unionville ON

Richmond Hill
50 High Tech Road, 2nd floor
Richmond Hill ON



For more information contact:
York Region Health Connection

1-800-361-5653

TTY 1-866-252-9933

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THEY'RE NOT JUST

Baby Teeth!

**Early childhood tooth decay
is preventable.**



Baby teeth are important.

They help your child:

- Chew food
- Learn to speak properly
- Develop self esteem
- Keep space for adult teeth
- Have a healthy smile
- Be healthy



What is Early Childhood Tooth Decay?

A rapidly developing form of tooth decay that affects babies and young children. It is one of the most common diseases of childhood.

Caused by:

- Lengthy feeding sessions with a bottle, sippy cup, or plastic bottles with straws
- Leaving the nipple in your baby's mouth for prolonged periods when not actively drinking during breastfeeding
- Too much sugar in your child's diet
- Dipping your child's pacifier in anything sweetened
- Long term use of sweetened medications
- Putting your child to sleep with a bottle containing anything but water
- Using a bottle beyond one year of age
- Germs passed along by sharing utensils

Can lead to:

- Pain and infection
- Poor eating habits
- Speech problems
- Early loss of baby teeth
- Costly dental treatment
- Higher risk for decay in later years

Early childhood tooth decay is preventable.

First Birthday...First Visit

Your child should have their teeth checked by a dentist or dental hygienist by age one.

Regular visits are recommended.

Children in Need Of Treatment (CINOT) Program and Healthy Smiles Ontario (HSO) Program

If you think your child has a cavity, go to the dentist.

If you can not afford to take your child to the dentist and you do not have dental insurance, make an appointment for your child at a York Region Community and Health Services Dental Clinic. Locations include Newmarket, Richmond Hill and Markham.

Your child, aged 0-17 years, may be able to receive dental treatment at no cost through the CINOT or HSO programs, if you meet eligibility criteria.

