



TODDLER TOOTH TIPS

Benefit of Dental Home for your child by age ONE

- Education for prevention of dental diseases
- Prevention of orthodontic problems
- Patient of record for ease of obtaining emergency care



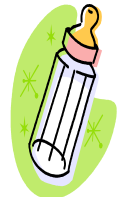
Toothbrushing and Flossing

- Begin cleaning/brushing the teeth as soon as they erupt.
- You can use a fluoride toothpaste but only place a smear on the toothbrush.
- Begin flossing as soon as any 2 teeth touch - especially after eating chicken or fibrous foods - like apples or mangoes.
- Parent supervise toothbrushing and flossing until your child can tie their shoelaces, clean the dishes, or wash the car (usually near the age of 8)



Diet Suggestions

- Avoid juice and soda (contain lots of sugar and acid).
- AAP Guidelines - no more than 4 ounces of sweet liquid per day for toddlers
- Avoid frequent sipping on sweet liquids.
- Avoid sticky or dried fruit or fruit snacks (roll-ups or leathers)
- Avoid eating or drinking during the night. (decreased saliva at night)
- Avoid sour candies- Skittles, Starbursts (acid burns holes in teeth!)



Fluoridated Water

- Fluoride REMINERALIZES and protects the tooth from acid destruction !
- Make sure to check your home water supply for its fluoride content.
We CAN PROVIDE take home water testing kits.
- Drink fluoridated bottled water if your water supply is NOT fluoridated.
- Note BRITA water filters and filters attached to your faucet do NOT remove fluoride from the water.
- Reverse osmosis filters (located under your sink) do remove fluoride.



Habits - Pacifiers, Thumbs, Fingers

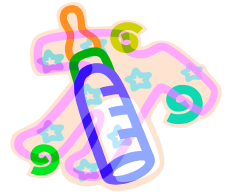
- American Academy of Pediatrics recommends pacifier use in the first year of life to prevent Sudden Infant Death Syndrome (SIDS) (AAP.org - SIDS Policy Statement).
- Goal is to encourage the cessation of digit sucking habits by age 3 to avoid crossbites or protrusive incisors
- Use positive reinforcement to help stop the habit.



ECC = Early Childhood Caries (CDC term for tooth decay)

Direct causes of DEMINERALIZATION (cavities)

- FREQUENT juice and/or snacks
- sweet liquids (juice, soda) in sippy cup or bottle
- sticky foods (raisins, gummies - even gummy vitamins)
- liquid medicine - contains 50% sugar
- GE Reflux - stomach acid on the teeth



Factors that contribute to DEMINERALIZATION (cavities)

- parent with cavity history
- tight or crowded teeth
- tooth defects *(soft or groovy teeth)*
- medical conditions - **congenital heart disease**, asthma
- inconsistent oral hygiene
- tight lips - contribute to food holding and make toothbrushing difficult
- inability to use tongue to naturally clean teeth (tongue-tied)
- food holder or slow swallower
- xerostomia (dry mouth)



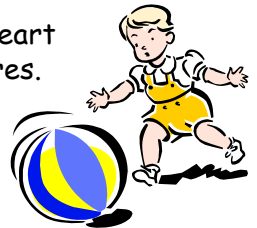
Dental radiographs - first x-rays are needed:

- 1) when the dentist can no longer see between the baby teeth
- 2) when a cavity develops or a dental injury occurs



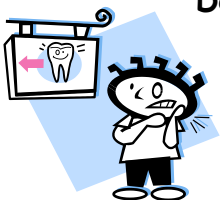
Mouth Trauma

- Child proof your home - remove sharp corners (coffee tables)
- Frenum tear (skin under upper lip) - bleeds a lot! Keep head above heart and put washcloth over tear to stop bleeding. Rarely needs sutures.
- Concussion injury (bumped tooth) Tooth may turn yellow or dark gray. Watch for abscess formation if tooth is dark.
- Luxation (pushed forward or backward) reposition tooth ASAP !
- Intrusion (pushed into gum) - allow to re-erupt.
- Avulsion (tooth knocked out) - locate tooth. Do NOT replant a baby tooth.



Dental Emergency (toothache or accident)

During office hours (8am-5pm) - call our office number 510-724-4400
After hours - call Dr. Sabbadini at 925-286-4187



Our Goal is for your child to be rewarded with his or her picture on our
No-Cavity Board at every check-up !

