



Why is Oral Health Important?

HEALTHY BABY TEETH ARE IMPORTANT!

- Baby teeth are needed for:
 - chewing and nutrition
 - self-esteem
 - growth of adult teeth
 - speech
- Some "baby" teeth must last until 11 or 12 years of age
- Cavities in baby teeth can mean more cavities all his life

In Arizona ...

1/3 of three year olds have tooth decay

- Prevention has to begin early
- Child care providers can play a big role in helping reduce tooth decay in Arizona's babies

In Arizona....

75% of 3rd graders have experienced tooth decay

Much of this tooth decay would have well before the third grade ?? Something like that to point out importance of early care???

*Arizona Department of Health Services, Office of Oral Health Healthy Smiles –Healthy Bodies Survey of 3rd Grade Children 2008-2009

Arizona 3rd Graders

- 75% of Arizona 3rd graders have experienced tooth decay.

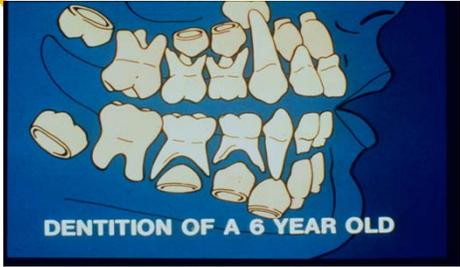
*Arizona Department of Health Services, Office of Oral Health Healthy Smiles –Healthy Bodies Survey of 3rd Grade Children 2008-2009



Role of Child Care Providers

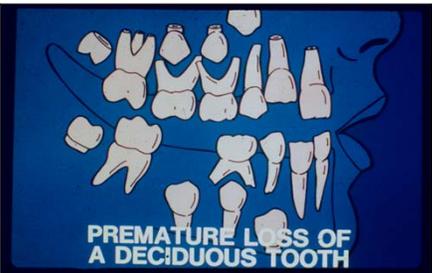
Child care providers can be a valuable source of support and information for parents when it comes to children's oral health.

Good or bad health habits are formed early and can last a lifetime



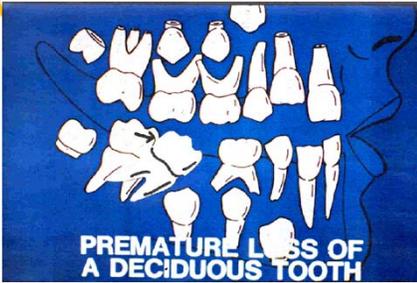
How baby teeth affect adult teeth

DENTITION OF A 6 YEAR OLD



How baby teeth affect adult teeth

PREMATURE LOSS OF A DECIDUOUS TOOTH



How baby teeth affect adult teeth

PREMATURE LOSS OF A DECIDUOUS TOOTH



Tooth Decay (Cavities)

- The most common disease of childhood
- Five times more common than asthma
- An infectious disease



Cavities in baby teeth are serious

- Affect eating
- Cause pain
- An infection anywhere in your body means you are not truly healthy
- Affect adult teeth

Cavities in baby teeth cause:

- An infection that *can* spread throughout the body
- Complicated, costly treatment
- Poor self-esteem, behavior problems
- Learning problems



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BACTERIA + SUGAR + TOOTH = DECAY

- **Bacteria:** is not present at birth
- **Bacteria:** is transmitted (passed) to baby usually by the age of three
- **Bacteria:** is transmitted from mother or anyone who regularly cares for a baby 8 hours a day or longer AND has or has had tooth decay



BACTERIA + SUGAR + TOOTH = Decay

Avoid transmitting (passing) bacteria

- Bacteria can be passed by:
 - using a baby's spoon to test food
 - licking a pacifier to clean it
 - what else can you think of...?
- Visit your dentist. Be sure your mouth is healthy!!!



BACTERIA + SUGAR + TOOTH = Decay

Transmitting (passing) bacteria

- Counsel parents to:
 - see their dentist
 - avoid the following:
 - tasting food from baby's spoon
 - licking pacifier to clean it
 - letting baby put her hand in your mouth
 - chewing food for baby



BACTERIA + SUGAR + TOOTH = Decay

The Sugar Connection

- Bacteria need sugar to cause tooth decay
- More frequent use of sugar causes more decay
- When sugar is eaten makes a difference
- Formula and breast milk contain sugar
- Naptime and all- night bottles or breast feeding keep sugar in the mouth for long periods of time



BACTERIA + SUGAR + TOOTH = DECAY

Infant feeding

- Only formula or breast milk in the bottle (never juice)
- Hold the baby when bottle feeding - propping or bottles in bed are habits that will be hard to break
- Introduce cup at 6 months
- Breast is best



Stop bottle by first birthday

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BACTERIA + SUGAR + TOOTH = DECAY

SNACKS

Snacks to avoid:

- Raisins why...?
- Sports drinks...why?
- Potato chips...why?
- Fruit roll-ups...why

Snacks to serve:

- Yogurt
- Cheese
- Crackers
check label for sugar
- Dry cereal
check label for sugar
- Orange slices
- Raw fruit and vegetables *(when child is old enough to chew properly)*



BACTERIA + SUGAR + TOOTH = DECAY

Best feeding practices for toddlers

- Serve planned snacks at regular times
- When snack time is over, put the food away
- “Walking” bottles or cups with water only
- Water or milk only between meals and snacks



BACTERIA + SUGAR + TOOTH = DECAY

How to brush baby teeth




The child can lie in adult's lap or stand in front of adult, both facing same direction.

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BACTERIA + SUGAR + TOOTH = DECAY

First dental visit by first birthday

Encourage parents to take their children to the dentist by age one.

- Preventive services
- Early detection of any problems
- Early visits make dental appointments **acceptable ?**



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Which families are likely to have children with tooth decay?

- Families whose parents have untreated tooth decay
- Families who drink a lot of soda and eat sugary snacks
- Families who do not go to the dentist
- Families who do not brush their teeth regularly
- Families who have lower incomes



Educating Parents

- How can you talk to parents about this ?
- Do you think they will be willing to listen ?
- Do you feel comfortable talking about this with parents?
- Would you rather give them written information?





Child Care Providers and parents working together can help **KRUNCH OUT** the most common disease of childhood:
TOOTH DECAY



Questions?
Comments?

THANK YOU

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