

# EMPOWER



## KRUNCH OUT TOOTH DECAY



May 3, 2014





# 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



# Empower Standard

**Provide monthly oral health education or implement a tooth brushing program.**





# HEALTHY BABY TEETH ARE IMPORTANT!

- Why baby teeth are important
  - chewing and nutrition
  - self-esteem
  - growth of adult teeth
  - speech



# Why Tooth Brushing in Child Care?

- Tooth decay is the most common chronic disease of childhood
- Causes pain, sickness and mortality
- Inhibits learning, speech and eating
  
- Is almost entirely preventable!

## Arizona Children Suffer!

- 52% of 4 year olds
- 75% of 3<sup>rd</sup> graders

➤ 75% is  
untreated in four  
year olds!

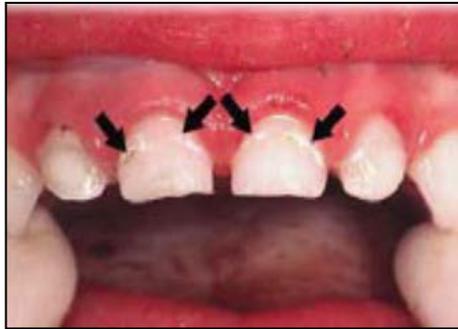


# Very Young Children Suffer from Tooth Decay

- 4% of 1 year olds
- 16% of 2 year olds
- 32% of 3 year olds
- 52% of 4 year olds



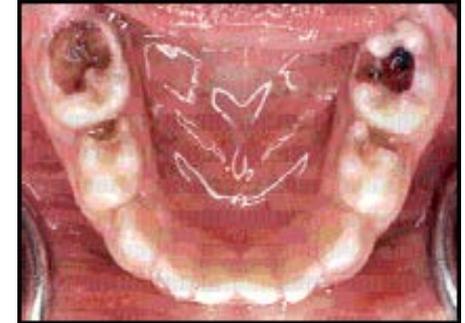
# Low Income Children Suffer Most



Early  
Decay



Moderate  
Decay



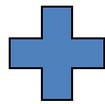
Severe  
Decay

*12 times more lost school days than children  
from higher income families*

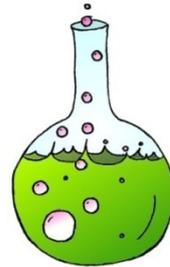
# Tooth Decay Formula



Sugar



Bacteria



Acid



Tooth



Cavity

# INTERVENTIONS

- Improve diet
  - Limit the frequency of sugar intake
- Seek preventive care
- Remove plaque bacteria with tooth brushing (fluoridated toothpaste)

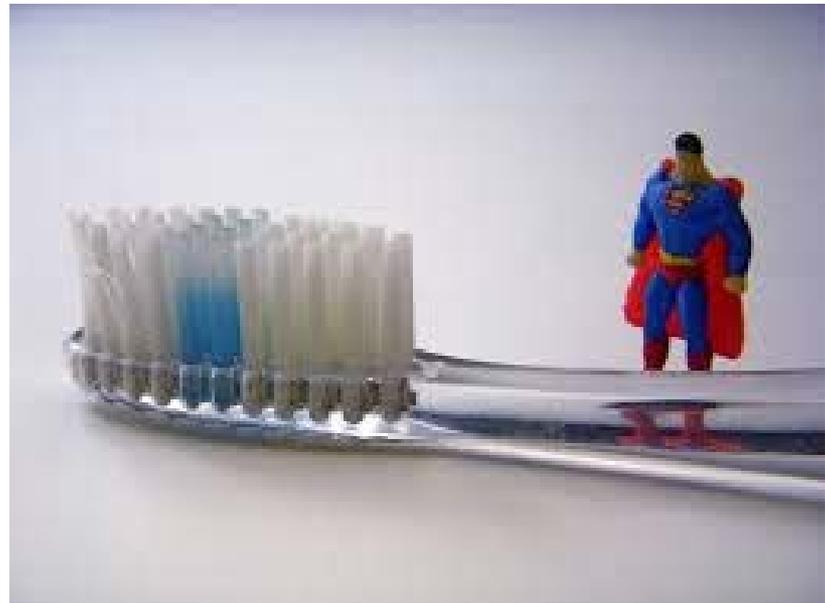


# Experts Agree: Tooth Brushing Reduces Dental Caries.



# This Year

- Steps to consider in implementing a tooth brushing program in a child care setting.



No Fluoride!

Rinse?

Fruit Flavored?

Tooth Paste?

Fluoride?

There are many different opinions...

Spit?

Don't Spit!

Mint Flavored?

Don't Rinse!



# Topics

- How much toothpaste to use
- Which tooth brushing method to use
- When to brush
- Storing and labeling toothbrushes

# Proper Labeling



- Child's name
- Date of issue

# How much toothpaste?



# Distributing Tooth Paste



without spreading germs

# Provide Water to Rinse the Brush



...and a paper towel for clean-up.

# Brush Teeth and Tongue!



Spend about 2 minutes brushing.

# Rinse the Brush



...and rinse your mouth & spit into cup if you wish.

# Cleaning Up



Dry off the brush...

Almost done...



Put the paper towel in the cup....

# Done!



Throw away the cup and the paper towel.



# Proper Storage

- Educators put tooth brushes away
- Open to the air
- Not touching each other
- No disinfectant cleaners



# Proper Maintenance



Recommendation: replace after illness and when worn, at least every three months.

# Proper Supplies



Recommended: mint flavored, ADA approved, sodium fluoride (over 2 years)



# Safety First



Proper supervision is always required!

# Sanitizing and Disinfecting



After brushing, clean and sanitize tables and/or sinks.

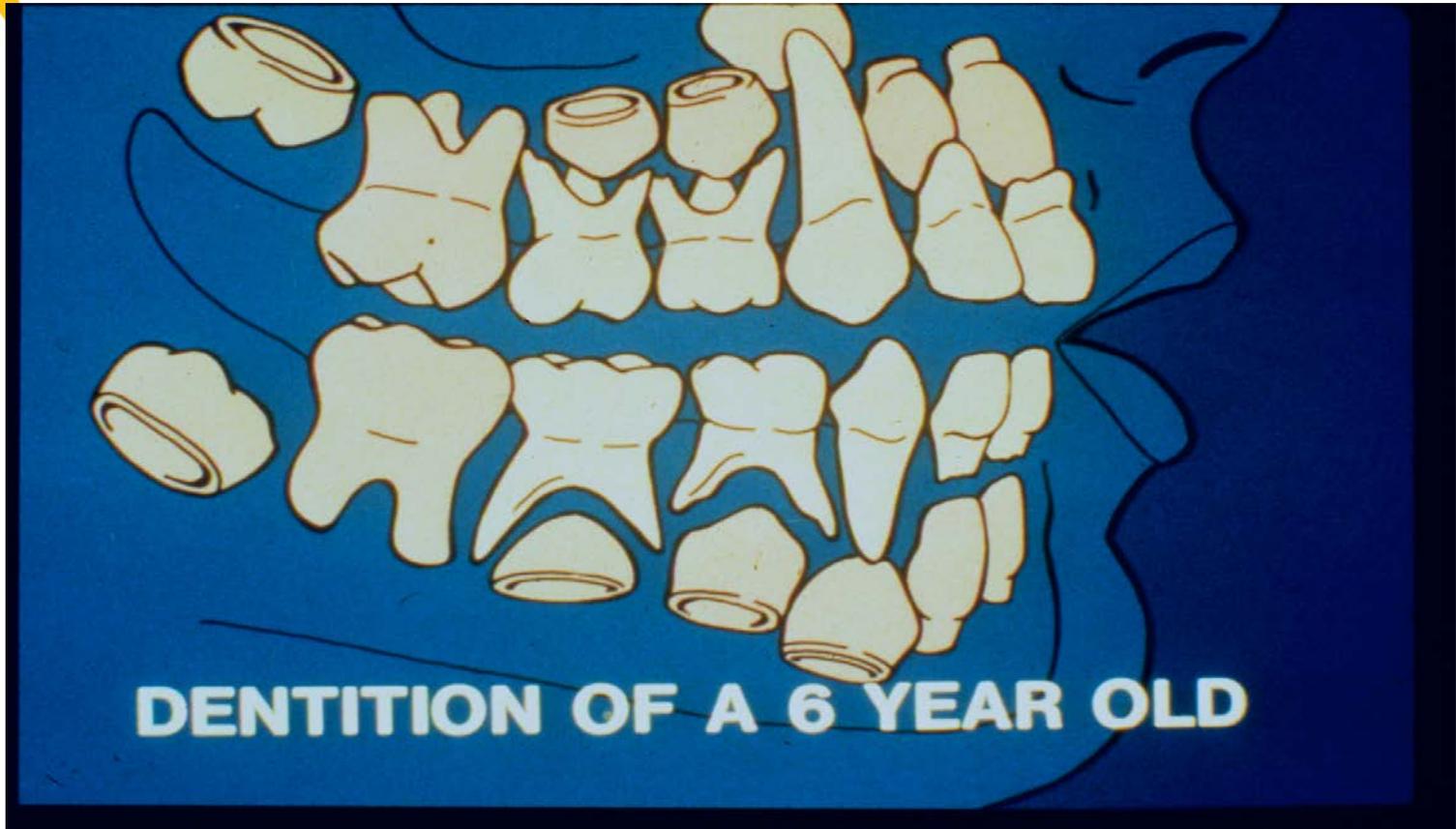
For additional information, see other resources posted on the EEC regulations support page at:

<http://www.eec.state.ma.us/licensingRegulations.aspx>.

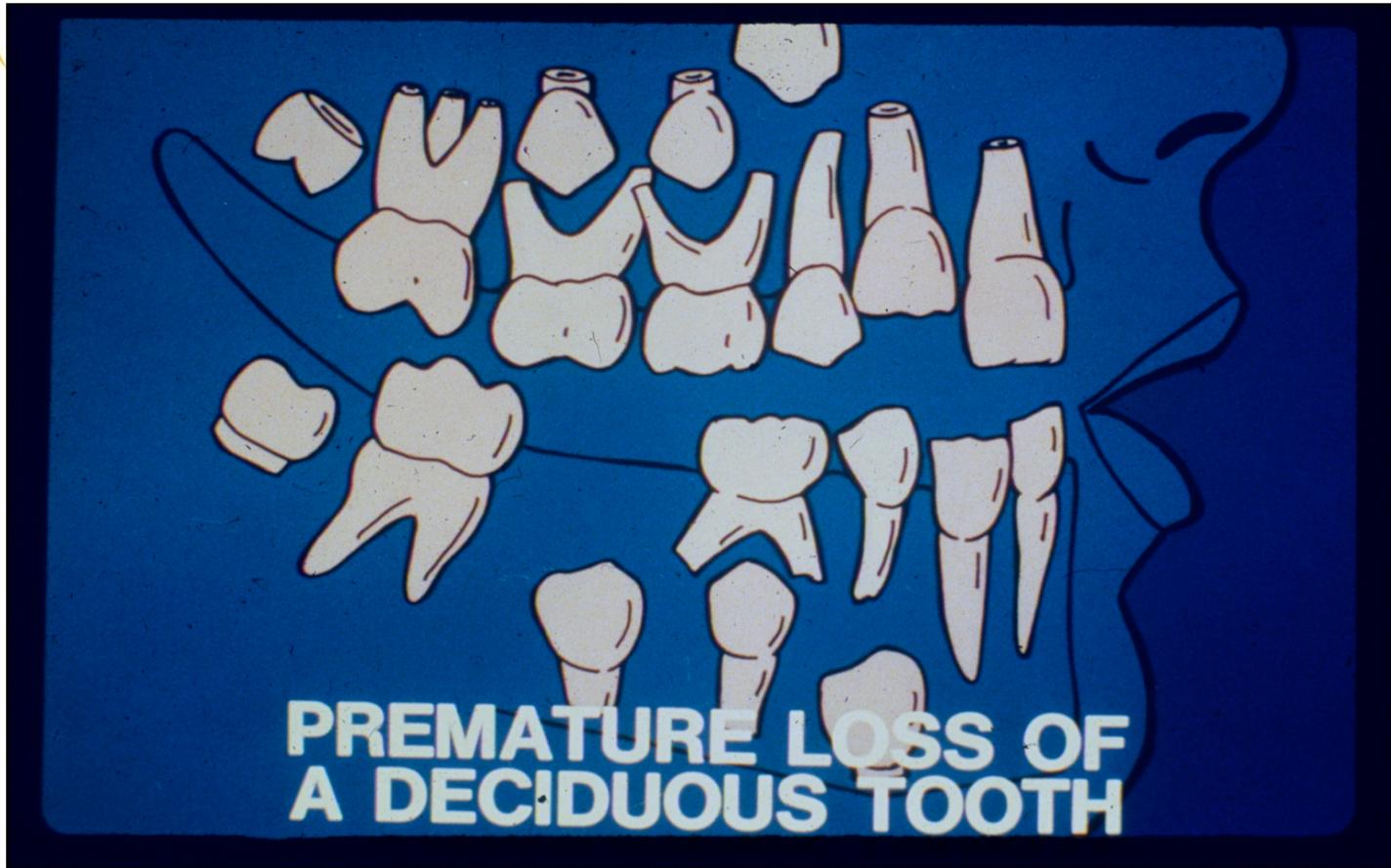


MASSACHUSETTS  
**Department of  
Early Education and Care**

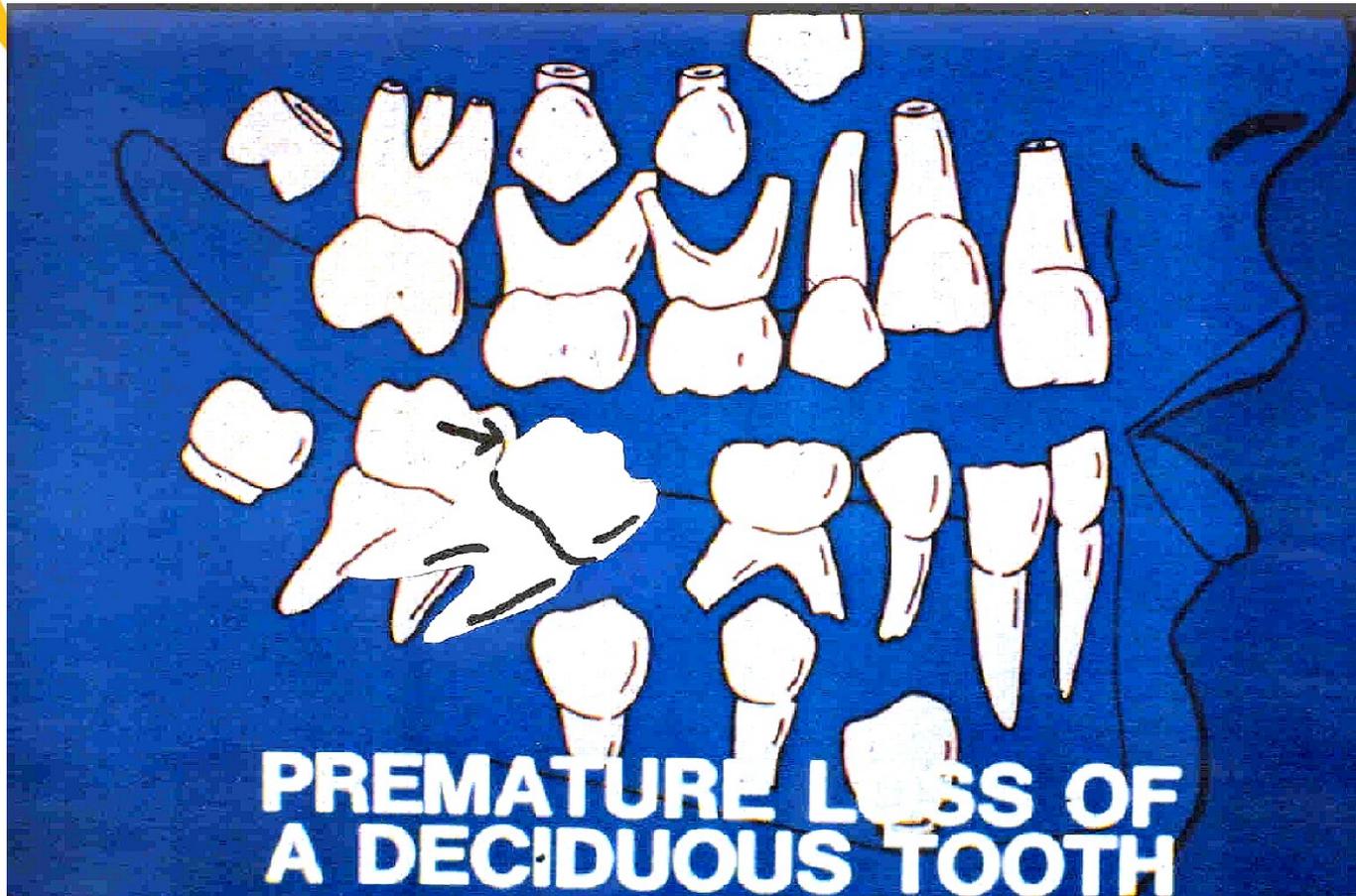
# How baby teeth affect adult teeth



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# How baby teeth affect adult teeth





# 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





## 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**



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.

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 ?**



# 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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