EMPOWER

KRUNCH OUT TOOTH DECAY

May 2, 2015

Arizona Department of Health Services

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!

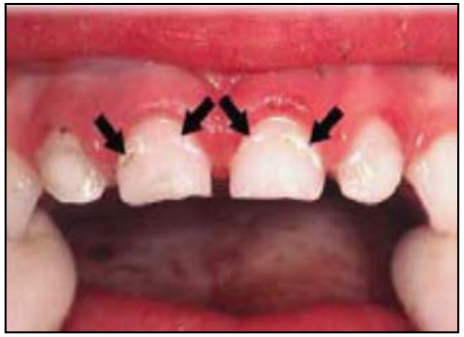
- 52% of 4 year olds
- 75% of 3rd graders

➢ 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

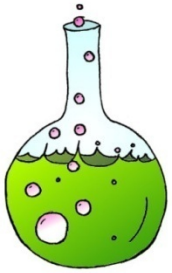
Severe
Decay

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

Tooth Decay Formula

Sugar

Bacteria



Acid

Tooth

Cavity

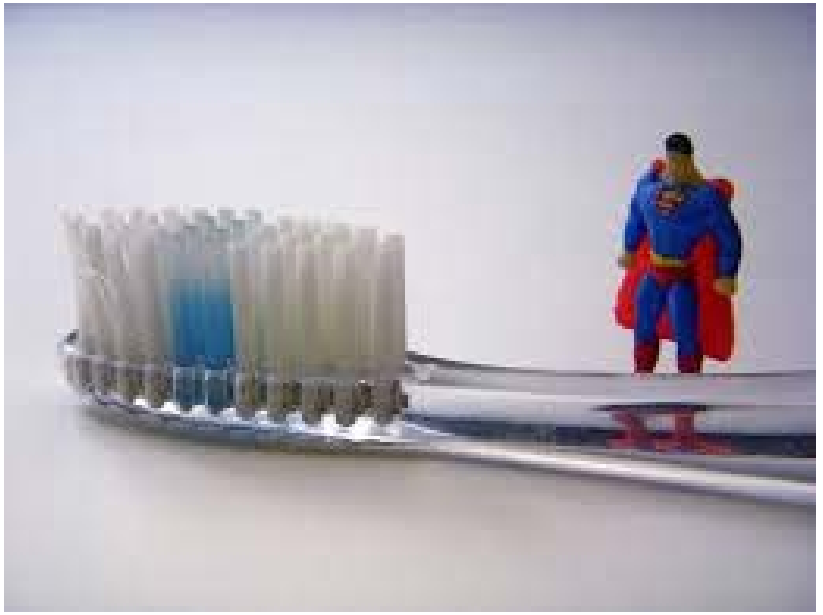
INTERVENTIONS

- 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)

ADA ACCEPTED American Dental Association

Safety First

Proper supervision is always required!

Sanitizing and Disinfecting

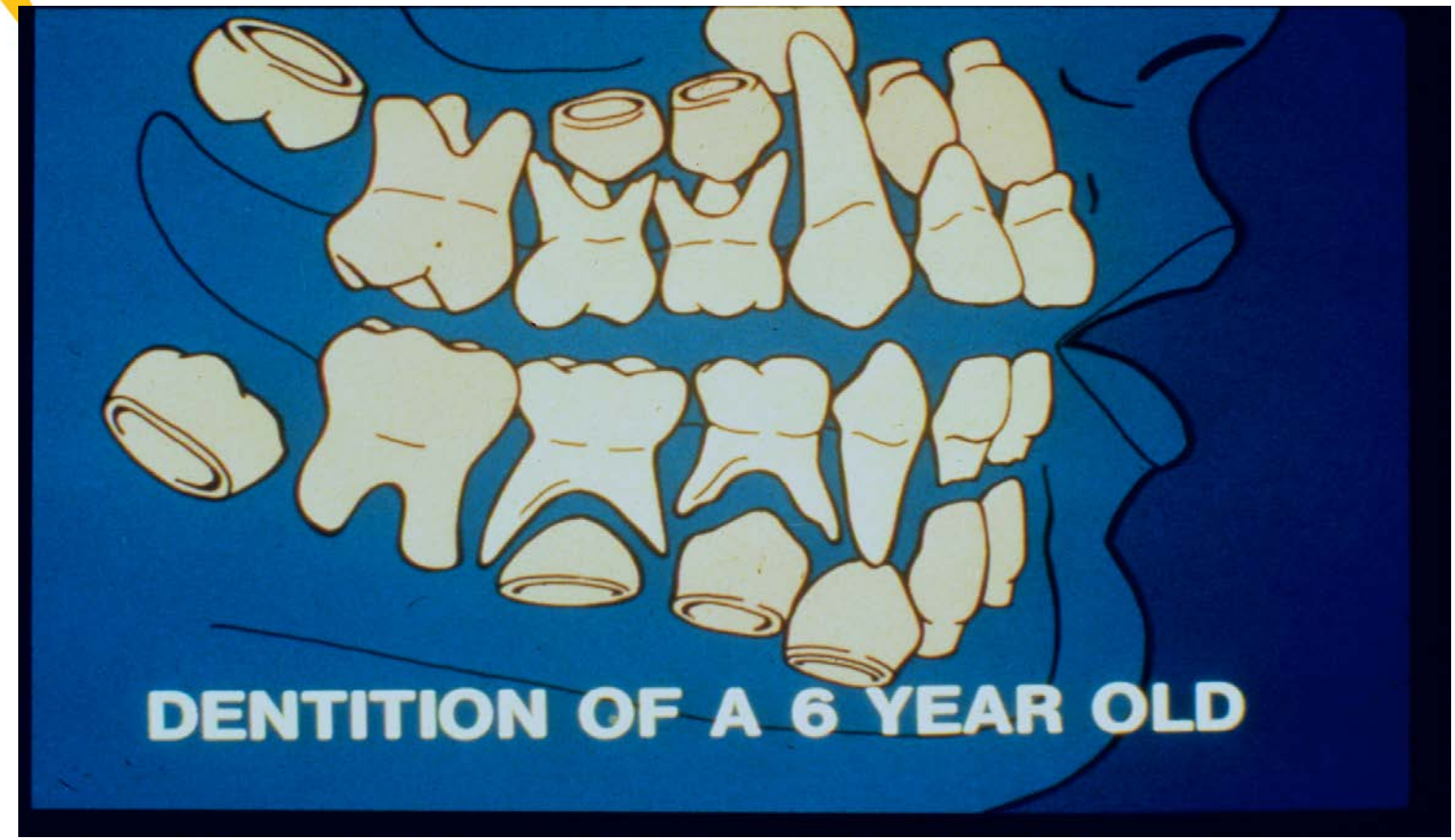
After brushing, clean and sanitize tables and/or sinks.

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

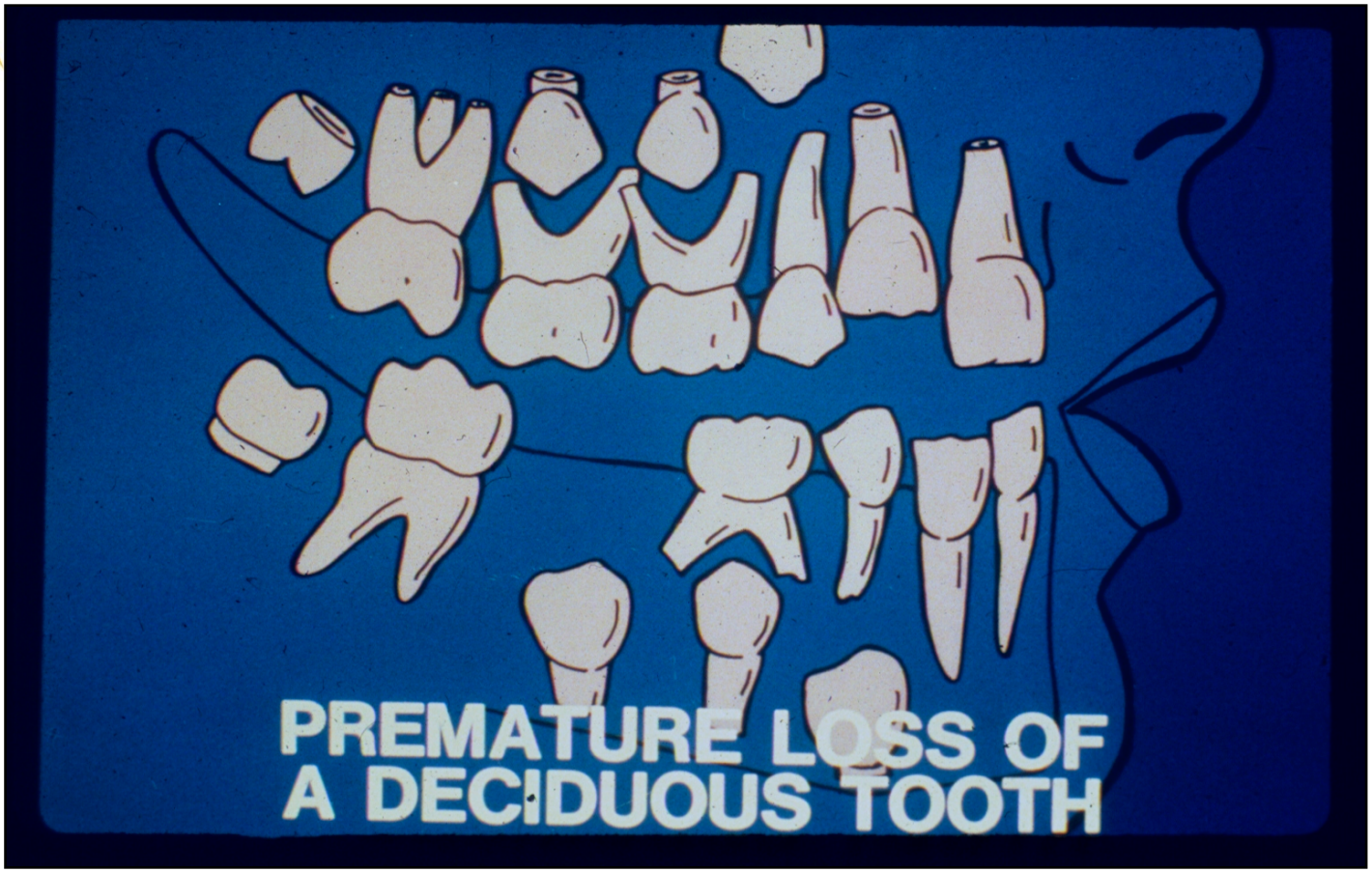
http://www.eec.state.ma.us/licensingRegulations.aspx.

MASSACHUSETTS
Department of
Early Education and Care

How baby teeth affect adult teeth



How baby teeth affect adult teeth



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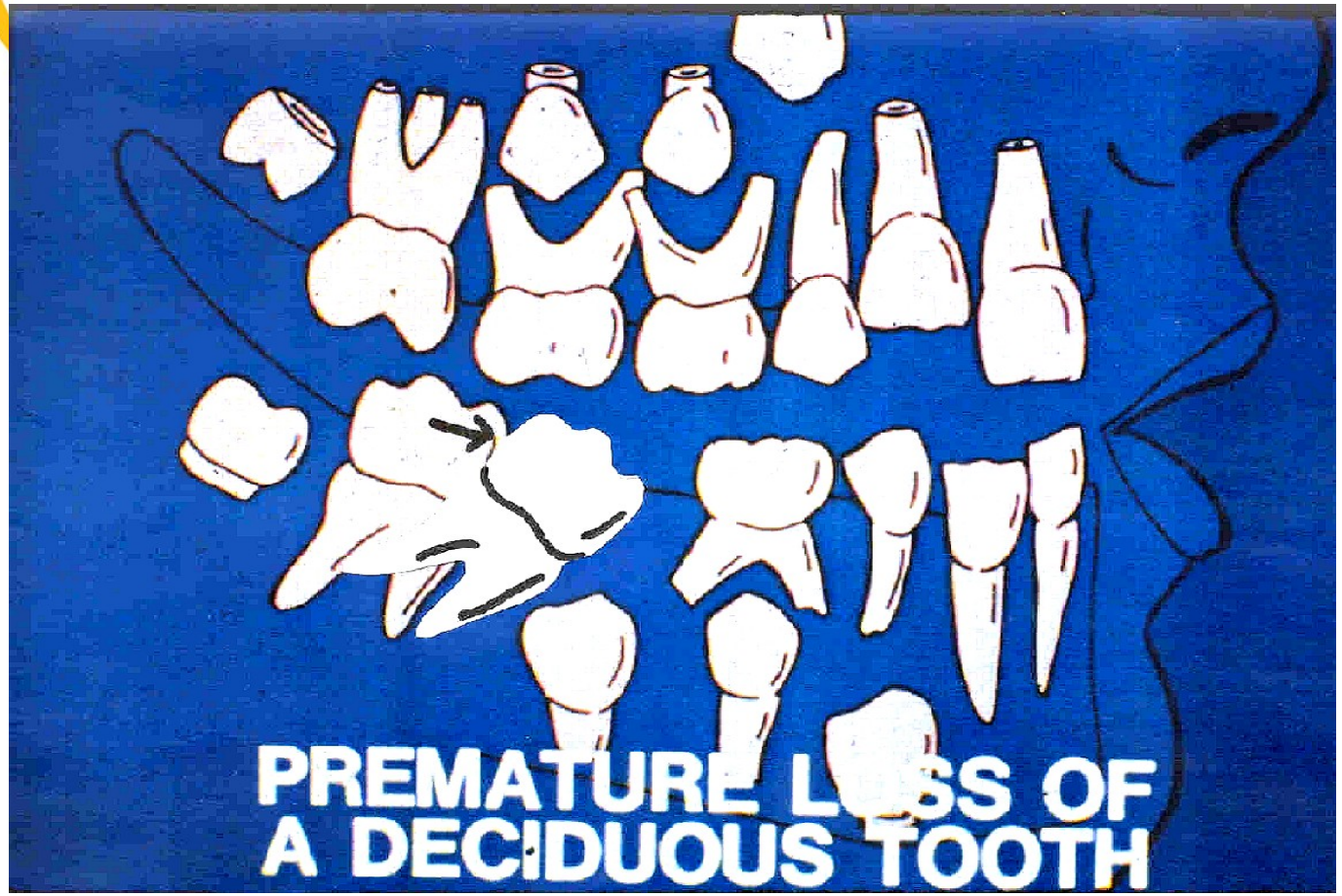

Tooth Decay
(Cavities)

- 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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