

A Guide to Children's Healthy Teeth

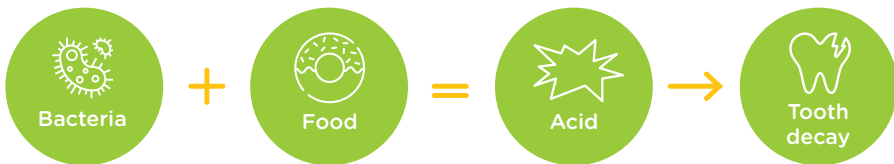


Why are baby teeth so important?

- To keep spaces for adult teeth
- Needed for proper speech
- Allow children to chew food
- Give children the confidence to smile

Eat well

How do holes in teeth occur?



The longer germs are left on teeth, the more likely the risk of developing holes. A healthy diet and daily cleaning are the best way to have healthy teeth and gums.





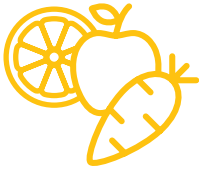
Drink well

Fluoride tap water is the best drink

Eat well: Making healthy choices

Everyday Foods and Drinks

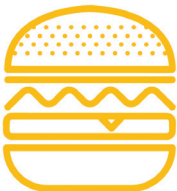
Encourage your child to eat 'everyday' foods and drinks for a healthy mouth. Examples include:



- Fruits – fresh or frozen
- Vegetables – raw, steamed and roasted
- Grains, breads and cereals
– wholegrain and high fibre
- Cheese and natural yoghurt
- Lean meat, chicken, fish, lentils, beans, tofu, eggs, nuts and seeds
- Water, plain milk and soy milk with calcium

Sometimes Foods and Drinks

'Sometimes' foods and drinks have little nutritional value and are not needed for good health. They should be offered occasionally, at the most twice a week. Examples include:



- Chocolates and lollies
- Sweet biscuits, cakes and donuts
- High sugar spreads like jam, honey and hazelnut
- Fruit juices and fruit drinks, soft drinks, cordials and sports drinks
- Muesli, fruit and snack bars
- Flavoured milks, yoghurts and water

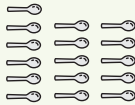
Eat well: How much sugar?

**600ml
Soft
Drink**



16

teaspoons
sugar

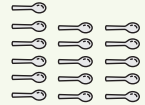


**600ml
Orange
Fruit
Drink**



16

teaspoons
sugar

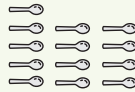


**600ml
Chocolate
Milk**



13

teaspoons
sugar



**70g
Flavoured
Yoghurt**



2

teaspoons
sugar



**15g /
1 serve
Jam**



3.5

teaspoons
sugar



**40g
Sultanas**



7

teaspoons
sugar



**25g/4 pieces
Chocolate**



4

teaspoons
sugar



1 teaspoon = 4 grams of sugar.

The sugar content varies between products. Parents should check the nutrition information panel and choose products with a lower sugar content per 100g.

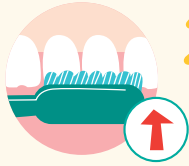
- Recommendations suggest that children up to the age of 8 years old should have no more than 3-4 teaspoons of sugar a day
- Food and drink high in added sugar should be limited, especially between meals
- Learn to read the labels on food

Brush well

How to brush your teeth



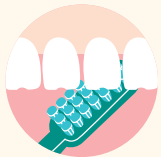
1 Use a pea-sized amount of toothpaste



2 Aim the toothbrush at an angle towards the gum line



3 Use a gentle circular motion



4 Repeat on the inside surface



5 Use a light back and forth motion on the chewing surfaces



6 Brush your tongue

How to ensure your child's teeth are healthy and help protect their teeth

- Start cleaning your child's teeth when their first teeth have come through (approximately 6-8 months)
- Use age appropriate fluoridated toothpaste
- Assist your child in brushing their teeth until they are about 8 years old



Spit out toothpaste, don't rinse.



Brush your teeth morning and night.

Sports and safety



Accidents can result in damage to baby and adult teeth. The best way to play contact sports is with a mouthguard, even at training.

Sport injuries to the face can result in damage to the lips, gums, teeth and surrounding tooth structures. Ask your dental professional about which mouth guard is best suited for your child.

What to do in an accident:

If your child is unconscious, ring 000. This takes precedence over dental health.

If a baby tooth is knocked out:

Seek advice from your dental professional.

If an adult tooth is knocked out:

- Locate the tooth and hold it by the crown (smooth white part)
- If the roots have dirt on them, gently rinse with milk. Do NOT use water or scrub the tooth
- Hold the cleaned tooth by the crown and attempt to replace it into its socket using light pressure
- Hold the tooth in place by getting the child to gently bite on a clean folded tissue
- Seek immediate advice or treatment from an dental professional or emergency department, this is best done within 1 hour



Thumb sucking, dummies and baby bottles

Parents try a variety of things to settle their baby without realising their actions can affect the baby's teeth and gums. Such as:

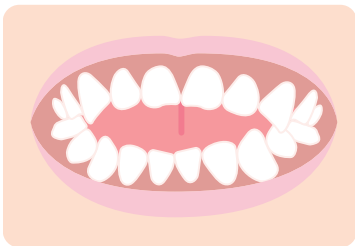
- Dipping the baby's dummy into a sweetened substance or giving a sweet drink in a bottle to try to calm a crying baby
- Putting baby to bed with a bottle to help them settle
- Having a bottle past the age of 12 months

Babies will develop decay, especially in their upper-front teeth if a baby bottle with formula or cows milk is used to get them to sleep. A baby should be weaned from a bottle and be using a cup by 12 months.

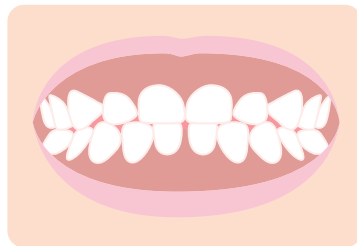
Bottles and dummies can cause teeth to become crooked or crowded. Thumb sucking and dummies are more of a concern if continued past four years of age.

Good dummy habits

- Give the child the dummy only at night and remove once asleep
- Pick a date or an event for the child to give up the dummy e.g. a birthday. Ideally this would be around the age of two years of age
- If you are concerned speak to your dental professional or a speech pathologist



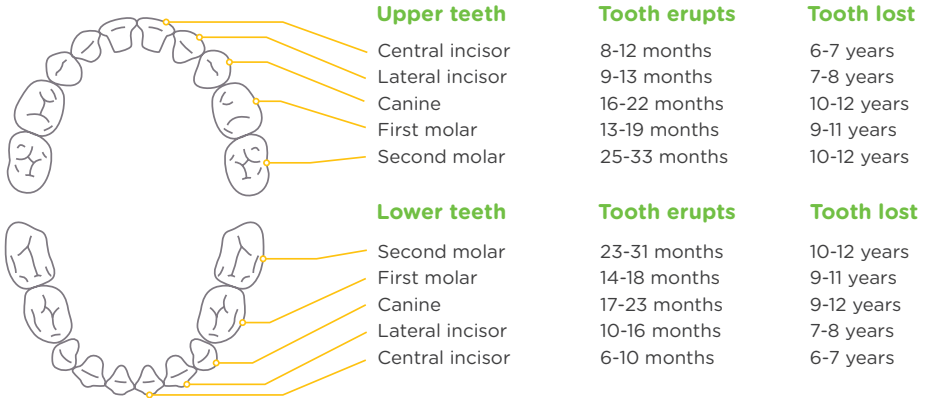
Open bite caused by thumb sucking



Normal bite

Teeth chart

Baby (deciduous) teeth



Adult (permanent) teeth

Upper teeth

- Central incisor
- Lateral incisor
- Canine
- First premolar
- Second premolar
- First molar
- Second molar
- Third molar (wisdom teeth)

Tooth erupts

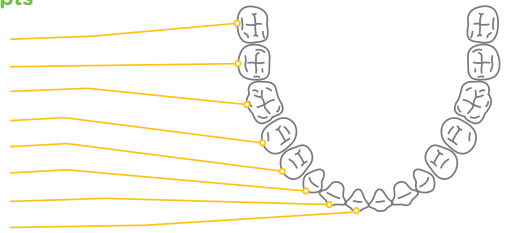
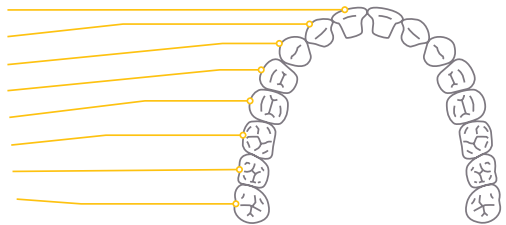
- 7-8 years
- 8-9 years
- 11-12 years
- 10-11 years
- 10-12 years
- 6-7 years
- 12-13 years
- 17-21 years

Lower teeth

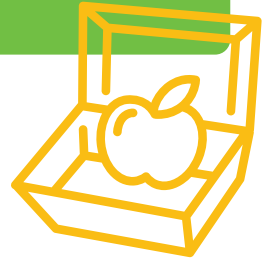
- Third molar (wisdom teeth)
- Second molar
- First molar
- Second premolar
- First premolar
- Canine
- Lateral incisor
- Central incisor

Tooth erupts

- 17-21 years
- 11-13 years
- 6-7 years
- 11-12 years
- 10-12 years
- 9-10 years
- 7-8 years
- 6-7 years



Healthy lunchbox ideas



Snacks:

- Wholegrain crackers, rice crackers, popcorn or corn cakes
- Homemade snacks made with wholemeal flour and without refined sugars
- Examples include plain or fruit scones, pikelets, muesli slice and zucchini muffins
- Fresh fruits such as apple, banana, mandarin, blueberries and strawberries or chopped oranges, melon, kiwi fruit or mango
- Raw vegetables such as sticks of carrot, celery, capsicum and cucumber or green beans, corn and cherry tomatoes
- Cold roasted vegetables such as potato, carrot, pumpkin, sweet potato and zucchini
- Plain yoghurt (no added sugar)
- Cubes or slices of cheese and dips with savoury biscuits
- Plain milk

Lunch:

- Wholemeal sandwich, wrap or roll filled with lean meat, cheese and salad ingredients
- Homemade pizza, made with wholemeal pita wraps and toppings such as ham, cheese, tomato, capsicum and mushroom
- Healthy fried rice or couscous with vegetables, egg and chicken
- Quiche made with spinach, pumpkin, ham and cheese

Reminder:

Always provide water as a drink with your child's lunchbox

Healthy drinks



Water is the best drink!

Water should be the main drink for all children (and adults!)

Where available, offer clean, safe tap water.

Sweet drinks do not provide much nutrition and are not needed in a child's diet.

Did you know plain carbonated water can dehydrate the teeth and cause tooth decay? We advise drinking still water instead of carbonated.

Meal and snack times

Set 20 minutes for meal and snack times, then remove any uneaten food and let your child leave the table. Do not offer other food or drinks until the next planned meal or snack.

Three meals and two snacks a day is ideal for young children.

Constant snacking without rest between meals and snacks can lead to an increased risk for tooth decay.



Tip:

Keep trying to introduce foods that your child has previously refused. Children may need to see a new food 10 times before finally tasting it!



Food as rewards

Try not to reward children with food or remove or deny food as a punishment.

Instead, find ways to reward your child that do not involve food. Praise and encouragement are often what a child needs most from an adult. A small non-food reward such as stickers, stamps or a hug can also be used.

Dental visits



Baby teeth need check-ups too! Children should become familiar with the dental setting about two years of age.

Check-ups at this early age will:

- Enable your child to become familiar with the dental setting
- Support early detection of tooth decay or any dental conditions
- Allow dental professionals to give advice on diet habits and good brushing

How can I prepare my child for their first visit to the dental clinic?

Talk to your child about their check-up but and use positive words to explain the experience. For example: "They will count all your beautiful teeth", or "We will show them what a great job you do when you brush".



healthAbility

By your side

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