

Oral Health Resources



South Dakota Department of Health
Oral Health

<http://doh.sd.gov/prevention/oralhealth>

Oral Health & School Health

<http://doh.sd.gov/prevention/oralhealth>



Why Oral Health?

- Affects general health and well-being
- Bacteria is transmissible
- Enamel can be re-mineralized
- Tooth decay is **PREVENTABLE!**
You can play a part also!

Without Good Periodontal Health, You Can't Have Good General Health.

Periodontal disease (gum disease) can affect your general health and it can be affected by your general health. Here are a few examples:

RESPIRATORY INFECTIONS^{2,5}

- Inhaling bacteria from the mouth and throat can lead to pneumonia
- Dental plaque buildup creates a dangerous source of bacteria that can be inhaled into the lungs

SEVERE OSTEOPENIA¹¹

- Reduction in bone mass (osteopenia) is associated with gum disease and related tooth loss
- Severity has been connected to tooth loss in postmenopausal women

PRETERM OR LOW BIRTHWEIGHT BABIES^{17,18}

- Women with advanced gum disease may be more likely to give birth to an underweight or preterm baby¹⁷
- Oral microbes can cross the placental barrier, exposing the fetus to infection.¹⁷



STROKE¹

- Those with adult periodontitis may have increased risk of stroke

HEART DISEASE⁶⁻¹⁰

- Those with adult periodontitis may have increased risk of fatal heart attack ...^{1,6,7}
- And are more likely to be diagnosed with cardiovascular disease¹
- Bacteria from the mouth may cause clotting problems in the cardiovascular system⁸

UNCONTROLLED DIABETES¹²⁻¹⁶

- Chronic periodontal disease can disrupt diabetic control^{12,15}
- Diabetes can alter the pocket environment, contributing to bacterial overgrowth¹⁴
- Smokers with diabetes increase their risk of tooth loss by 20 times¹³
- People with type II diabetes are 3 times as likely to develop periodontal disease than are nondiabetics¹³



Tooth Decay or Caries

- The single most common chronic childhood disease (by 3rd grade 56% have caries experience)
- Most prevalent unmet health need among children (& adults)
(Dental care is the most common healthcare need insured US adults cannot afford)
- Caries is an infectious disease - caused by bacteria transmitted from mother (or primary caregiver) to infant/toddler



Dental decay and tooth loss can lead to:

Pain

Loss of sleep

Missed school days -

unable to concentrate, irritable, withdrawn

Difficulty chewing, inadequate digestion & nutrition

Missed work days for adults (pain or dental appointments)

Esthetic and self-image issues

Speech and language development problems

Costly restorations and or emergency department visits



WEBSITE OF THE STATE OF SOUTH DAKOTA DEPARTMENT OF HEALTH
Kim Malsam-Rysdon, Secretary of Health

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PREVENTION AND HEALTHY LIVING

All Women Count!

Colorectal Cancer Screening

+ Tobacco Prevention & Control Program

ORAL HEALTH PROGRAM

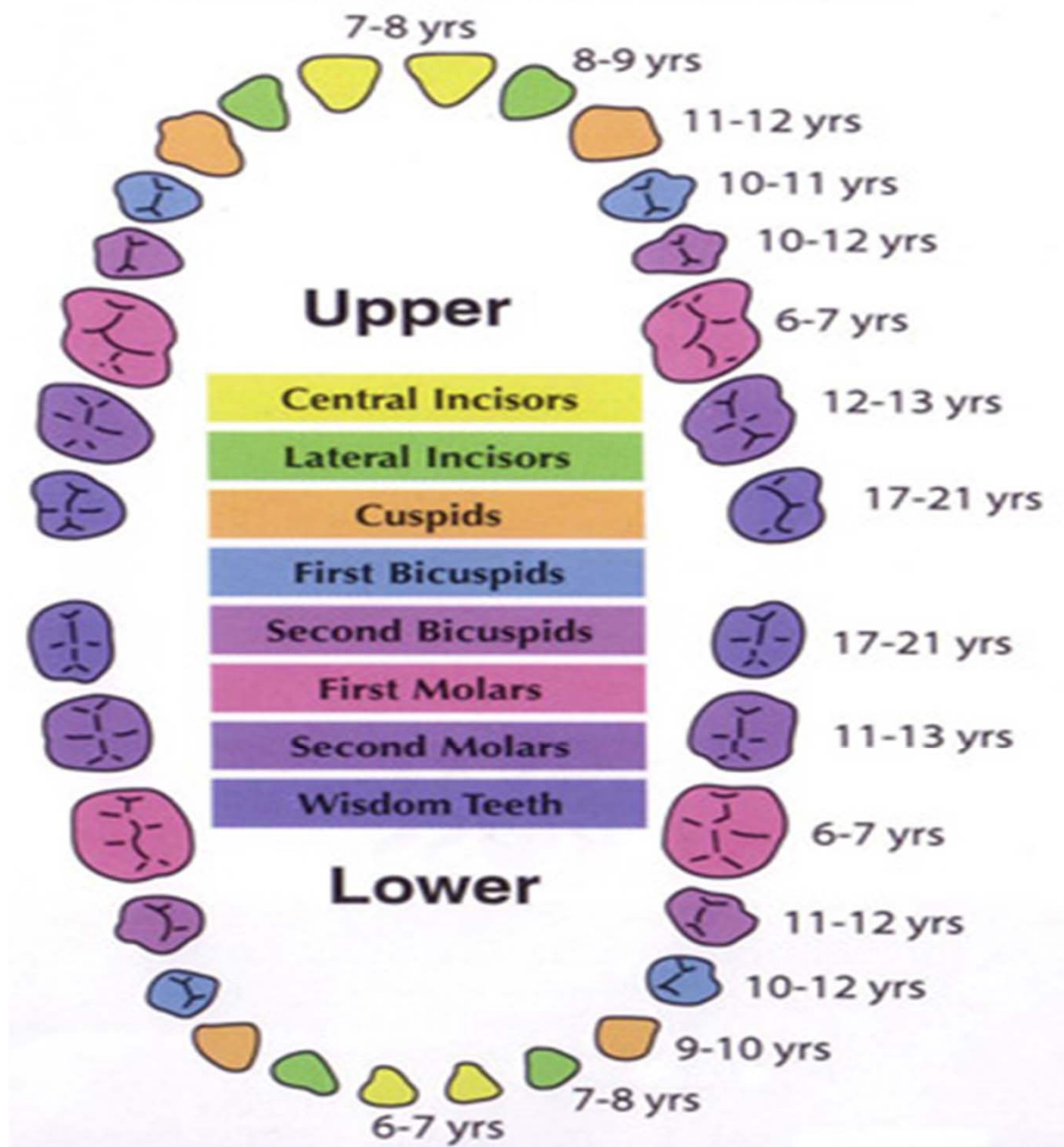
Good oral health is essential to general health and well-being and involves teeth. Oral infections are associated with heart and lung disease, stroke, weight, premature babies. Left untreated, tooth decay or oral infections cause problems and significant pain, interference with eating and nutrition, and lost school or work time.

The Oral Health Program works to increase awareness of the importance

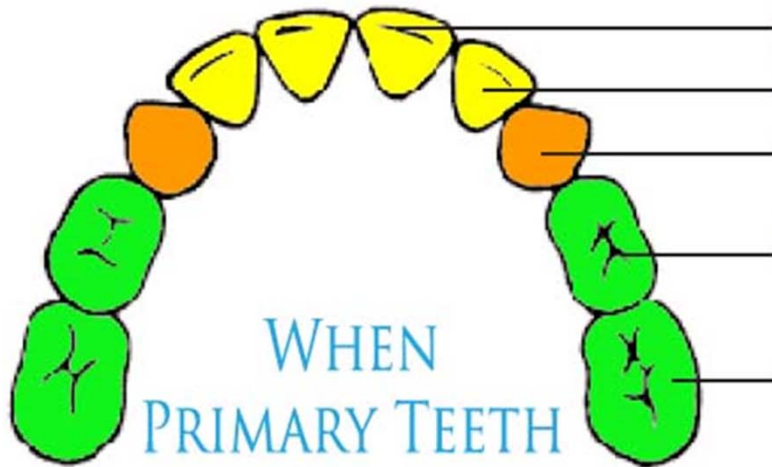
You only have to
care for the teeth
you want to keep!

*Hint - Brush & Floss Daily

Permanent Teeth Arrival Chart



PRIMARY TEETH



Upper Teeth

Central incisor

Lateral incisor

Canine (cuspid)

First molar

Second molar

Erupt

8-12 mos.

9-13 mos.

16-22 mos.

13-19 mos.

25-33 mos.

Shed

6-7 yrs.

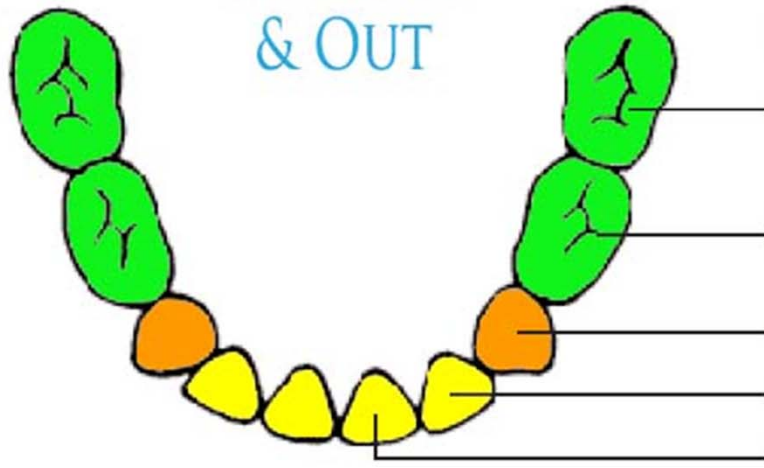
7-8 yrs.

10-12 yrs.

9-11 yrs.

10-12 yrs.

WHEN
PRIMARY TEETH
COME IN
& OUT



Lower Teeth

Second molar

First molar

Canine (cuspid)

Lateral incisor

Central incisor

Erupt

23-31 mos.

14-18 mos.

17-23 mos.

10-16 mos.

6-10 mos.

Shed

10-12 yrs.

9-11 yrs.

9-12 yrs.

7-8 yrs.

6-7 yrs.

My Brushing and Flossing Chart

Draw a smiley face, or place a star or sticker in the tooth when you brush and floss.

Draw a sad face in the tooth if you forgot.

Name _____

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday











Tooth decay is the single most common childhood disease. However, **it is preventable!** In order to prevent tooth decay, it is important to begin taking care of your child's mouth as early as possible.

- ✓ **Get in the habit of cleaning your baby's mouth after feeding.**
Even before the teeth erupt, clean baby's mouth and gums with a toothbrush or a wet wash cloth on your finger. Once the teeth erupt, this method will still work well on the teeth and gums until you are able to switch to a small toothbrush after more teeth come in.
- ✓ **If baby is bottle fed, don't allow your child to have a bottle in bed,** unless it is only filled with water. Wean your baby from the bottle by 12 months of age.
- ✓ **Don't put juice or liquids that contain sugar, such as pop or fruit drinks in your baby's bottle.**
- ✓ **Don't let your child carry a bottle or sippy cup around** throughout the day. Hold your child while bottle feeding or if drinking from a cup, have them sit in the high chair or at the table.
- ✓ **Schedule your child's first dental visit by age 1.**
- ✓ **Continue to help your child with brushing and flossing** until they are able to do a thorough job themselves, which is usually until the age of 8.
- ✓ **Make cleaning your child's teeth an enjoyable daily experience.**
- ✓ **Provide nutritious snacks and foods** so your child's teeth will be healthy and strong.

For more information visit: <http://doh.sd.gov/prevention/oralhealth>



10 Ways to Make Brushing Fun!

You can start using a finger toothbrush or a baby toothbrush to brush your baby's teeth.

It takes many years before children develop the fine motor coordination they need to do a good tooth brushing job.

Parents can brush their children's teeth until the child can neatly write his or her own name. Other dentists suggest parents use their own judgment, but think about ages six, seven, or eight, as a time for kids to take on the job of keeping their teeth clean and healthy.

While brushing is usually a fun experience, your child may go through a cranky phase when he or she hates to brush. If this happens, try not to make tooth brushing a battleground. Be casual and lighthearted about it, brushing your own teeth with great gusto and delight, so your child sees how much fun he or she is missing.

Remember that bedtime brushing is most important and, during the day, offer your child lots of plain water after meals.

Here are some ways to make brushing fun and easy for parents and kids:

1.

Brush with your child — Stand next to your child in front of the bathroom mirror and brush together. It's a nice time together, and your child can mimic your brushing technique.

2.

Brush in bed as part of the bedtime routine — Your child can climb into bed and begin unwinding. Some nights you might even include one of the many books available on taking care of teeth or visits to the dentist.

3.

Cute toothbrushes — There are lots of great-looking children's brushes available in stores. Be sure to choose a toothbrush that's small enough for your child to hold comfortably, with a small, rounded head and very soft, polished bristles. You'll probably have to replace toothbrushes every three to four months (more often for preschoolers who tend to chew while they brush!). For babies, a soft finger toothbrush is easy for you to use.

4.

Tasty toothpaste — For children under age 4, choose a product formulated especially for children with a mild flavor.

5.

Count as you brush — Count out loud as you brush each tooth: "Tooth number one is all clean! Tooth number two is all clean! Here comes tooth number three!" This is entertaining for your child, and a good way to practice counting.

6.

Say Ahhhhh! — You can't say "ahhh" with your mouth closed. As you brush his or her teeth, encourage your child to say "ahhh," varying the pitch, tone, and rhythm to keep things interesting.

7.

Bring a friend — At bedtime, kids may want to invite a favorite stuffed animal into the bathroom to watch as they brush.

8.

Tell a toothy story — Kids love to hear favorite stories again and again. Try making up a special short story that you tell only during teeth-brushing time. It can be simple and silly, like this one:

"Once there was a little girl (or boy) who had very, very dirty teeth! Oh no! said the little girl. What should I do? Boo hoo! Boo hoo! (At this point, your child can supply the sound effects.) Then all at once, a magic fairy appeared and said, I have a special treat for you! It's a magic toothbrush! Hooray! said the little girl (boy). The magic toothbrush jumped up and brushed the dirty teeth just like this (you brush teeth), until they were as shiny as the stars in the sky. This made the little girl (boy) smile the biggest smile in the whole wide world — just like this smile right now. (Your child smiles a big smile at the mirror.) The end."

9.

Make a sticker poster — Hang a piece of bright construction paper on the bathroom wall. Each time your child has a thorough brushing, he or she can choose a sticker or star and put it on the poster. Or use a calendar or tooth brushing chart like the one on the DOH Oral Health website <http://doh.sd.gov/prevention/oralhealth> .

10.

Sing a toothy song — Make up a silly song to sing every time you brush. It doesn't have to be a masterpiece. Try something like this, sung to the tune of "Old MacDonald Had a Farm:"

"Now we're gonna brush your teeth! E-i-e-i-oh!
And then they're gonna be all clean. E-i-e-i-oh!
With a brush, brush here and a brush, brush there, Here a brush, there a brush, everywhere
a brush, brush, Now your teeth are nice and clean! E-i-e-i-oh!"

"Now it's time to brush your teeth! E-i-e-i-oh!
Let's go start right from the top. E-i-e-i-oh!
With a brush, brush here and a brush, brush there, Here a brush, there a brush, everywhere
a brush, brush, Now your teeth are nice and clean! E-i-e-i-oh!"

"Now it's time to brush your teeth! E-i-e-i-oh!
Time to brush up from the bottom. E-i-e-i-oh!
With a brush, brush here and a brush, brush there,
Here a brush, there a brush, everywhere a brush, brush,
Now your teeth are nice and clean! E-i-e-i-oh!"

"Now it's time to brush your teeth! E-i-e-i-oh!
It feels good to clean the back. E-i-e-i-oh!
With a brush, brush here and a brush, brush there, Here a brush, there a brush, everywhere
a brush, brush, Now your teeth are nice and clean! E-i-e-i-oh!"

"Now it's time to brush your teeth! E-i-e-i-oh!
Clean the front so you can smile. E-i-e-i-oh!
With a brush, brush here and a brush, brush there,
Here a brush, there a brush, everywhere a brush, brush,
Now your teeth are nice and clean! E-i-e-i-oh!"

Question:

How can adults encourage infants and young children to cooperate with toothbrushing?

Answer:

Infants and young children do not have the hand coordination to brush their teeth effectively. They need help from an adult to make sure that they don't use too much toothpaste and that they brush their teeth thoroughly. For this reason it is recommended that an adult brush the child's teeth at least twice a day (after breakfast and before bed). But young children want to be independent, and they don't always cooperate when an adult tries to brush their teeth. Fussing or crying can be common.

The strategies listed below are suggestions. Depending on the child and the situation, they may or may not work. Adults need to be patient and creative and to try different

approaches. It's also important to praise a child regularly for doing a good job with toothbrushing.

1. Children like to copy adults, so the adult can invite the child to brush at the same time as the adult. Before the child finishes, the adult can take the child's brush to "check what a good job the child is doing." This gives the adult an opportunity to brush the child's teeth. If more convincing is needed, the adult can offer the child the chance to check the adult's teeth after brushing.

2. In a classroom setting or if there are two or more children of about the same age, brushing as a group provides a good opportunity for children to imitate the behavior of the adult and other children.

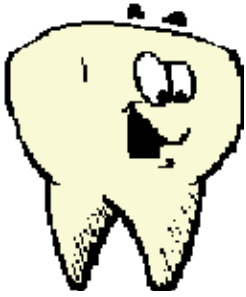
3. Children like playing games, and games can be incorporated into toothbrushing. For example, the adult can give the child the adult's toothbrush and ask the child to brush the adult's teeth. Next, the adult brushes the child's teeth with the child's toothbrush. The mouth can be divided into sections to brush (for example, top, bottom, back, front), which allows for more back and forth between the adult and the child.

4. The adult can ask the child what sounds animals (for example, lions, tigers, and bears) make and how big they open their mouths to make those sounds. The adult can brush the child's teeth while the child is growling. The child may need to growl many times before all the teeth can be thoroughly brushed.

5. The adult can read the child age-appropriate books about toothbrushing to encourage the child to accept having the teeth brushed. The adult should preview books before reading them to the child to make sure the messages are positive. Books that may make the child afraid of the dentist or dental office or that talk about pain should not be read.

6. Children like rewards. As an incentive, children can be offered something special if they allow an adult to brush their teeth twice a day.

7. Discussions with children about brushing should always be positive. Negative consequences of failing to brush, such as having to get a cavity filled, should never be part of the discussion.



Good Oral Health Reads You Can Really Sink Your Teeth Into

Arthur's Tooth by Marc Brown

Francine makes fun of Arthur for being the last kid in their class to lose his teeth. Will Arthur ever lose his "baby" teeth?

For more Arthur tooth fun, try: Arthur Tricks The Tooth Fairy by Marc Brown.

Dentists (*Community Helpers Series*) by Dee Ready

This book describes what a dentist does, where they work, what kind of training they've had and the tools they use to keep your teeth and gums healthy. (Included is a special hands-on activity section with information about the different numbers of teeth in a child's mouth versus an adult's mouth).

Dental Hygienists (*Community Helpers Series*) by Dee Ready

This book describes what a dental hygienist does, where they work, what kind of training they've had and the tools they use to keep your teeth and gums healthy. (Included is a special hands-on activity section with instructions on how to make your own toothpaste).

Franklin And The Tooth Fairy by Paulette Bourgeois

Franklin, the turtle, is sad to learn that he will never receive a visit from the Tooth Fairy because turtles don't have teeth. Will Franklin be able to trick the Tooth Fairy with a stone tooth?

George Washington's Teeth by Deborah Chandra & Madeleine Comora

Did you know that George Washington started to lose his adult teeth when he was 22 years old? Did you also know that his first set of false teeth was made out of hippopotamus teeth? This is a fascinating historical read!

Going To The Dentist (*First Experiences Series*) by Fred Rogers

Calm your young one's fears about a first trip to the dentist with this reassuring and careful look at a dentist's office through the eyes of a child.

Grandpa's Teeth by Rod Clement

Grandpa's false teeth are missing. Will you be the one to solve the mystery and discover the identity of the tooth thief?

How Many Teeth? by Paul Showers

Introduce your young one to the fun world of teeth with this simple look at the different types of teeth we have and the reasons behind why and when our teeth fall out.

Nice Try, Tooth Fairy by Mary W. Olson

Wanting to show her grandfather her lost tooth, Emma politely writes the Tooth Fairy with a request to return the tooth.

Open Wide: Tooth School Inside by Laurie Keller

Dr. Flossman introduces his tooth students to healthy dental care habits.

The Prince's Tooth Is Loose by Harriet Ziefert

Everyone, from the army to the king, pitches in to help the prince lose his first tooth.

The School Play by Rosemary Wells

Yoko is unhappy about being assigned to play the cavity in the class play.

Science Fair Bunnies by Kathryn Lasky

Clyde and Rosemary come up with a winning science fair project that involves lost baby teeth and food dyes.

Tabitha's Terrifically Tough Tooth by Charlotte Middleton

No matter what she does, Tabitha's loose tooth will not fall out. Will Tabitha ever get a visit from the Tooth Fairy?

Throw Your Tooth On The Roof by Selby B. Beeler

This book looks at the different cultural traditions children the world over participate in when they lose their "baby" teeth. Did you know that many kids around the world make a wish and throw their lost teeth on the roof?

Tooth Decay And Cavities by Dr. Alvin Silverstein

This book is an in-depth look at the topic of tooth decay and cavities.

Young Cam Jansen And The Lost Tooth by David A. Adler

Can you help Cam Jansen find the tooth that Annie lost in art class?

Booklist Prepared by:

South Dakota State Library with additions from the Department of Health, February 2004



More good reading

The Tooth Book by Theo LeSieg

My Loose Tooth by Stephen Krensky

Dear Tooth Fairy by Jane O'Connor

Dental Health by Helen Frost

Andrew's Loose Tooth by Robert Munsch

Just Going to the Dentist by Mercer Mayer

The Berenstain Bears Visit the Dentist by Stan Berenstain

Doctor De Soto by William Steig

Fang the Dentist by Mike Thaler, Jared Lee

I'm Going to the Dentist: A Pop-Up Book by Willabel L. Tong

Just Going to the Dentist: Golden Look-Look Book by Mercer Mayer

Teeth and Tusks (Head to Tail) by Theresa Greenway

The Crocodile and the Dentist by Taro Gomi

The Story of the Tooth Fairy by Tom Paxton

A Quarter from the Tooth Fairy by Caren Holtzman

The Tusk Fairy by Nicola Smee

The Bear's Toothache by David McPhail

Tooth Fairy by Audrey Wood

Bill and Pete by Tomie De Paola

I Know Why I Brush My Teeth by Kate Rowan

Loose Tooth by Steven Kroll

The Lost Tooth Club by Arden Johnson

Moose's Loose Tooth by Jacqueline A. Clarke

Good books for toddlers

Little Rabbit's Loose Tooth by Lucy Bate

Milo's Toothache by Ida Luttrell

My Tooth Is About to Fall Out by Grace Maccarone

Brush Your Teeth Please by Leslie McGuire (pop-up book)

Freddie Visits the Dentist by Nicola Smee



Experiment With Snack Foods

Chew candy, chips, cookie, or a cracker - look in a mirror and notice where the food remains or sticks on the teeth.

Now chew an apple, carrot, or celery stick (natural tooth cleansers) - look in a mirror and notice that those hard, crunchy food particles do not stick to the teeth, they may even clean out the sticky foods eaten before that were stuck in the grooves of the teeth.

Experiment With Soda Pop

Put a hard boiled egg (with the shell still on) in a container of coke, pepsi or any colored pop overnight.

Put another hard boiled egg (with the shell still on) in a container of water overnight.

Notice how the egg shell in the pop has stained. The one in the water is still white. This demonstrates how teeth can be affected easily by the foods we eat.

Experiment With Soda Pop

Put an egg shell in a container of soda pop or vinegar (they both have the same effect). Leave the egg shell there for several days (add more pop or vinegar each day) and notice how soft the shell becomes. This demonstrates how acid and bacteria in the mouth soften/damage/decay tooth enamel. One way to keep teeth strong and cavity free is by brushing and flossing daily, and avoiding sweet and/or acidic beverages.

Sugar in Soda Pop

Rinse and dry clear empty soda pop bottles.

Add sugar equal to the ounces in the bottle (1 Tsp. of sugar = 1 oz. of pop).

This demonstrates approximately how much sugar is in each bottle of pop.

Dental tips for consuming candy treats.

1. Offer healthy alternatives to candy. Eating sweets causes damaging acids to form in the mouth. These acids affect the teeth for at least 20 minutes before they are neutralized by saliva. Sugar-free gum containing the artificial sweetener xylitol is a good choice and is effective in combating the bacteria in plaque and fighting the acid that eats away at enamel. The chewing motion also stimulates the flow of saliva, which helps cleanse the teeth. That makes sugar-free gum a smart choice to share with children.

2. Limit the amount of time that sugar is in contact with your child's teeth. When buying candy, look for treats that can be eaten quickly, like miniature candy bars, avoid hard or sticky candies like sugared fruit snacks, caramels or lollipops, as they increase the time that teeth are exposed to sugar. Encourage your child to eat a small amount of candy in one sitting followed by a glass of water and thorough tooth brushing. Do not allow your child to graze on candy as that increases the length of time that sugar is in contact with teeth.

3. Teach your child to eat all foods in moderation. Although sweets are blamed for much tooth decay, all foods - even healthy alternatives to candy, such as fruit and nuts - can promote tooth decay if eaten in excess. Children (like adults) should eat all foods in moderation. Read nutrition labels to avoid foods and drinks loaded with sugar, fructose, corn syrup, and other sweeteners.

4. Set up a “candy bank”. Allow your child to make daily withdrawals from the “bank” and monitor the amount. This way, you can control how much candy your child consumes.



Tooth brushing songs

Fun ways to encourage brushing



To the tune of “*Row, Row, Row Your Boat*”

Brush, brush, brush
your teeth
Gently round your
gums.
Merrily, merrily,
merrily, merrily,
Brushing is such fun!!

Brush, brush, brush your teeth
Brush them every day.
The front, the sides, the back, the top
To keep decay (or the bugs or germs) away!

Floss, floss, floss your teeth
Floss without delay.
You can do this every day
To keep decay (or the bugs or germs) away!

Rinse, rinse, rinse your teeth
Swishing germs away.
Then you'll have a pretty smile
with healthy teeth each day.

To the tune of “*London Bridge*”

This is the way we brush our teeth,
Brush our teeth, brush our teeth.
Gently, gently, round and round,
To keep them clean and sweet.

You will have a pretty smile,
Pretty smile, pretty smile.
You will have a pretty smile,
Because you brushed your teeth.

To the tune of “*Jingle Bells*”

I brush my teeth, I brush my teeth, morning
noon and night.
I brush them, floss them, rinse them clean; I
keep them nice and white.
I brush them once, I brush them twice; I
brush them till they shine.
I always brush them round and round; those
precious teeth of mine.

I eat good foods, I eat good foods, it gives my
teeth a treat.

I like to eat healthy foods like veggies, fruit, and
meat.

If I eat sweets, if I eat sweets, I brush them right
away

To keep my teeth shiny bright, and free from
tooth decay.

To the tune of “*Old MacDonald had a Farm*”

All my friends have pretty smiles

Ee – i – ee – i – o.

They brush their teeth to keep them bright,

Ee – i – ee – i – o.

With a wiggle-jiggle here,

And a wiggle-jiggle there,

Here a wiggle, there a jiggle,

Everywhere a wiggle-jiggle

Oh what fun to brush our teeth,

Ee – i – ee – i - o.

To the tune of “*If You’re Happy and You Know It*”

If you’re happy and you know it give a smile
If you’re happy and you know it give a smile
If you’re happy and you know it then your face is
going to show it
If you’re happy and you know it give a smile.

When my teeth are clean I know it ‘cause I
SMILE

When my teeth are clean I know it ‘cause I
SMILE

When my teeth are clean I know it - I’m not
afraid to show it

When my teeth are clean I know it ‘cause I
SMILE

To the tune of “*Are You Sleeping*”

Oh my dentist
Always tells me,
Brush your teeth
Brush your teeth.
Brush them in the morning
And again at bedtime.
Brush your teeth
Brush your teeth.

To the tune of “Twinkle, Twinkle, Little Star”

Got my toothpaste, got my brush
I won't hurry, I won't rush.
Making sure my teeth are clean
front and back and in between.
When I brush for quite a while
I will have a happy smile!

To the tune of “I've Been Working on the Railroad”

I've been brushing with my toothbrush,
brushing every day.
I've been brushing with my toothbrush,
that's how I fight decay.
All my teeth are gonna sparkle,
oh so proud I'll be.
Every time I wanna smile, my
teeth will shine for me!
Always brush your teeth,
every single day.
Keep those germs (cavities) away!
Use your brush and paste,
Just the way you should,
Make your smile look good!

Ouch! Teething can be difficult for babies *and* parents.

If baby has been fussing a bit more than usual the past couple days, and you notice that they're suddenly [awash in drool](#) – could the little one be [teething](#)?

First Teeth

Beginning anywhere from ages [four](#) to twelve months, baby will get the [first tooth](#). The first teeth to show are usually the two front bottom teeth, called the central incisors. The four upper front teeth, also incisors, are normally the next to come in. The remaining teeth, including molars and cuspids (eyeteeth), will slowly come in until the child is about two and a half years old and has a total of 20 teeth by 5 to 6 years of age.

Teething Symptoms

Baby may experience some discomfort during teething, which can begin sometime before a tooth comes in and last several days after it makes its appearance. Common symptoms can be:

- 1) irritability
- 2) restlessness or difficulty sleeping
- 3) increased saliva and drooling
- 4) a desire to chew on everything within reach
- 5) or swollen, tender gums where a new tooth is coming through.

Tips to Soothe Sore Gums

If baby is uncomfortable from teething, follow these tips to [help them feel better](#):

- 1) Try [simple distractions](#) such as cuddling, rocking, or walking around with the baby.
- 2) **Rub baby's gums.** Use a clean finger to massage or rub baby's irritated or swollen gums for two-minute intervals as often as necessary.
- 3) **Offer a teething aid**, such as a cool wet washcloth, teething ring, or a teething biscuit to gnaw on and massage their gums. A teething ring is generally a soft plastic or firm rubber device that can be chewed on to soothe the gums and allow the tooth to come in. Placing a wet washcloth in the freezer for a few minutes and then applying it gently to the gums can be effective, but care must be taken not to expose a baby's gums to cold items for too long. Other types of teething devices can be made from household items or there are recipes to bake home-made teething biscuits. Avoid using a liquid-filled teething ring once baby's teeth appear, because the teeth could make a hole in a soft, liquid-filled teether. If it comforts baby to chew on the nipple of the bottle, fill the bottle with water (prolonged contact to sugars in formula, milk, or juice could cause teeth to decay). This is also a good time to introduce an

infant toothbrush if you have not done so already. Baby can chew on the brush and become familiar with having their gums massaged and brushed.

4) **Keep it cool.** A cold washcloth or chilled (but not frozen) teething ring can be comforting. Contact with extreme cold or a frozen item may hurt baby's gums, doing more harm than good. If baby's already eating solid foods, offer cold items such as applesauce, pureed fruit, or yogurt. Do not use frozen bananas, carrots, or any other non-pureed food as they can cause [choking](#).

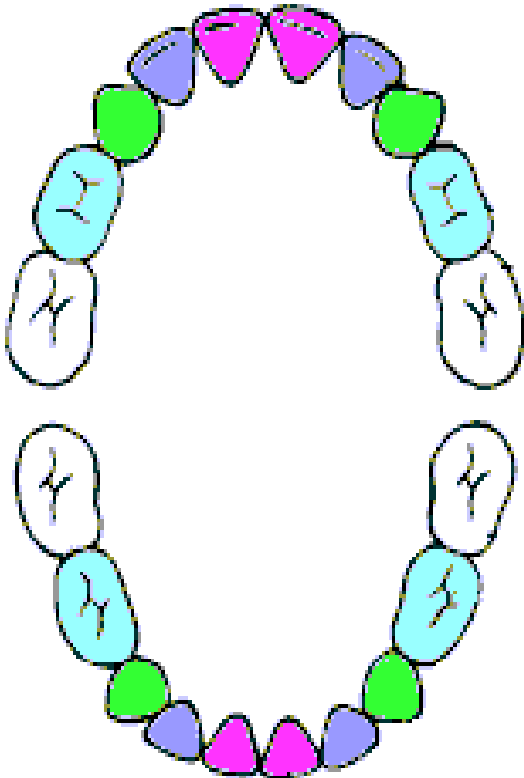
5) **Dry the drool.** Excessive drooling is part of the teething process. Keep baby's face and clothes dry in order to prevent rash or sore skin. If baby drools a lot, keep a clean cloth handy to dry baby's chin and offer another bottle of water to replace the fluids that baby lost. A bib will protect clothing from wetness during the day and make sure baby lays on an absorbent sheet when sleeping.

6) **Try an over-the-counter remedy.** Not all parents are comfortable with the idea of using medications to treat a baby's discomfort or suffering. However, if the above methods don't seem to work, consider over-the-counter suggestions such as infant [acetaminophen](#) or [ibuprofen](#) (but not for babies under six months of age). Do not give baby products that contain aspirin (which has been linked to Reye's syndrome, a serious and possibly life-threatening disease), and be cautious about teething medications that can be rubbed directly on a baby's gums. Teething gels work as a numbing agent to dull the nerves in the gums so that the pain is less noticeable. It is important to follow the directions on the package to ensure that the correct amount of medication is administered and that proper techniques are used. Too much of the medication could numb baby's throat, which could cause baby to choke.

WARNING: The U.S. Food and Drug Administration (FDA) recalled the Hyland's Teething Tablets. They contain a chemical which is hazardous and harmful for children.

As with so many aspects of parenting and childhood development, teething can be a difficult stage for both baby and parents. However, this too shall pass and before you know it, the little one will have a beautiful, toothy smile. One that you will need to brush and take care of daily.

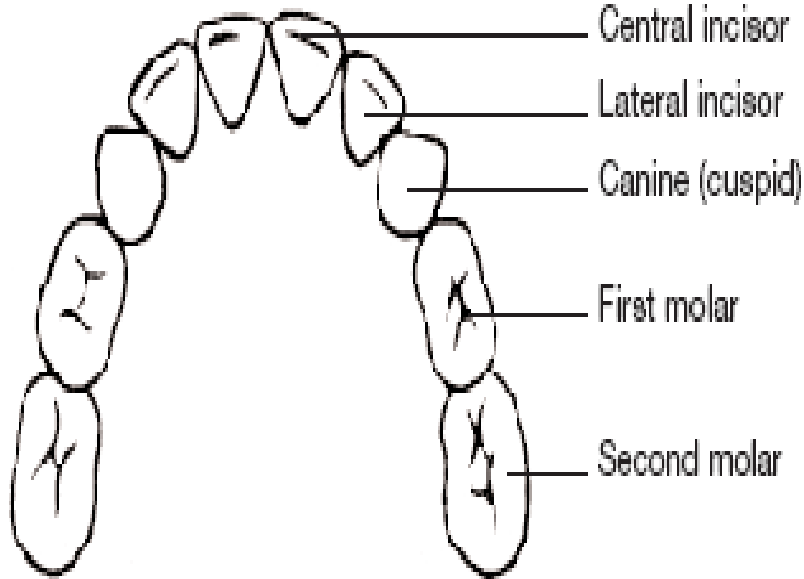
PRIMARY ERUPTION SCHEDULE



UPPER TEETH	<u>Erupt</u>	<u>Shed</u>
Central Incisor	8-12 mo	6-7 yr
Lateral Incisor	9-13 mo	7-8 yr
Canine (Cuspid)	16-22 mo	10-12 yr
First Molar	13-19 mo	9-11 yr
Second Molar	25-33 mo	10-12 yr

LOWER TEETH	<u>Erupt</u>	<u>Shed</u>
Second Molar	23-31 mo	10-12 yr
First Molar	14-18 mo	9-11 yr
Canine (Cuspid)	17-23 mo	9-12 yr
Lateral Incisor	10-16 mo	7-8 yr
Central Incisor	6-10 mo	6-7 yr

PRIMARY TEETH



Upper Teeth

Erupt

Shed

8-12 mos.

6-7 yrs.

9-13 mos.

7-8 yrs.

16-22 mos.

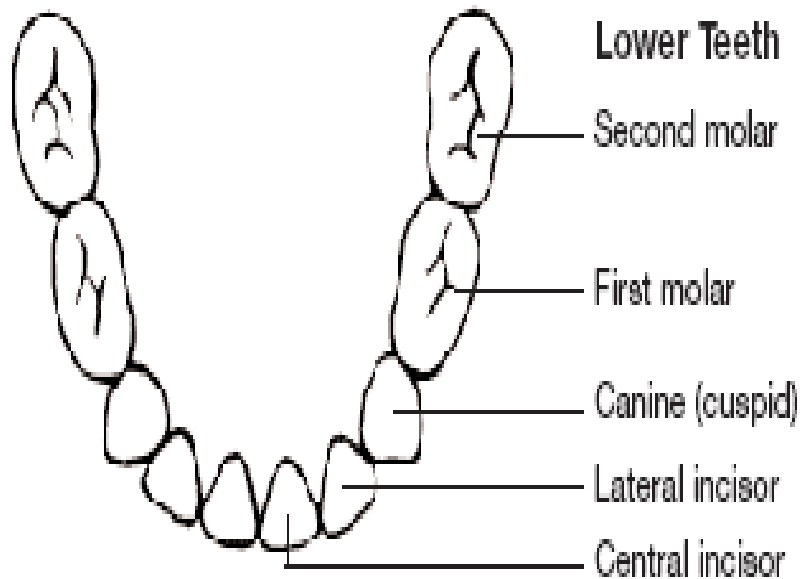
10-12 yrs.

13-19 mos.

9-11 yrs.

25-33 mos.

10-12 yrs.



Lower Teeth

Erupt

Shed

23-31 mos.

10-12 yrs.

14-18 mos.

9-11 yrs.

17-23 mos.

9-12 yrs.

10-16 mos.

7-8 yrs.

6-10 mos.

6-7 yrs.

The *Bright Futures: Oral Health Pocket Guide* -

PDF file so you can print 2 pages per regular sheet,
this 100-page guide can be printed in 24 double-sided pages.

- [View online](#)
- [Print the PDF](#)

Oral Health Program

Website: <http://doh.sd.gov/prevention/oralhealth>

Order online oral health education materials from the Department of Health (access the online catalog at the following link <https://apps.sd.gov/PH18Publications/secure/Puborder.aspx>)

Select the **Oral Health** heading to see a listing of brochures that can be printed or ordered free of charge. Enter requested quantities, go to "Proceed to Checkout" at the bottom of the page. Then fill in the shipping information and submit your order. Allow up to 2 weeks for shipping.

Fax your order form requests for brushes, paste, floss to 605.773.5683 or order via email to Julie.Ellingson@state.sd.us

Data Sources: South Dakota's Oral Health Status (use **Adobe** for following files)

- Oral Health Survey of South Dakota Children Report: [2014](#) | [2010](#)
- Oral Health Survey of South Dakota Children Data Brief: [2014](#) | [2010](#)
- [Oral Cancer in South Dakota, 2014](#) ([order monograph here under cancer](#))
- [Oral Health Plan for South Dakota 2015-2020](#) | [Plan Summary](#)
- [South Dakota Health Professional Shortage Areas - Dental Healthcare](#)

United States Oral Health Status

- [Oral Health in America: A Report of the Surgeon General](#)
- [Healthy People 2020 Oral Health Objectives for the Nation](#)

Resources:

- <http://www2.aap.org/oralhealth/pact/index-cme.cfm> American Academy of Pediatrics – oral health training site
- Download and print [PDF file](#) of *Bright Futures: Oral Health—Pocket Guide*, 3rd edition. [PDF file](#)

updated 1-17-2017

Department of Health - online resource catalog offers brochures free of charge.

To access the catalog, go to: <http://doh.sd.gov/catalog>

Click on whichever program you want to order from.

Enter the amount desired.

Scroll down to "Proceed to Checkout".

It takes 2 weeks (or less) for materials to be received.

Many of the brochures can be printed right from your own computer). Click on 'Print view'



Early Childhood Caries Prevention

- Recommend breast feeding as the preferred method of feeding for at least the 1st year of the child's life
- Clean babies gums & teeth with a wet cloth or brush
- Never coat a pacifier with sweets
- Never put baby to bed with a bottle
- Never put babies items in your own mouth
- Use a sippy cup only as a temporary transition between the bottle and cup
- Keep your own mouth clean and healthy
- Have babies teeth checked by age 1

Knee-to-Knee, Lift-the-Lip Examination





Transmission of Bacteria

- ❖ Not born with Strep mutans bacteria
- ❖ Bacteria is transmitted via saliva
- ❖ Caregiver (usually the mother) to child
- ❖ Window of infectivity (6 – 24 months)
- ❖ Delayed transmission = less disease
(mothers with healthy teeth and gums do not have high levels of this bacteria)



Pregnant Women

- Dental check-up prior to or very early in pregnancy
- Dental work should be managed early
- Control gum inflammation and disease
- Change unhealthy habits
- Maintain excellent nutrition
- Thorough daily brushing and flossing



How to avoid tooth decay

- Limit the amount and frequency of decay causing food and beverages
- Brush and floss your teeth before or after a meal (or at least swish your mouth with water after eating) BUT -
YOU MUST BRUSH BEFORE BEDTIME!
- Drink water instead of sugary drinks
- Use fluoride or xylitol
- Visit your dentist regularly