U.S. Department of Health and Human Services
HRSA
Health Resources and Services Administration
Maternal and Child Health Bureau

EARLY CHILDHOOD CARIES PREVENTION

Anticipatory Guidance

State of Nevada
Department of Human Resources
Health Division
Bureau of Family Health Services
Oral Health Program
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Nevada State Health Division
Bureau of Family Health Services
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Early Childhood Caries Prevention Curriculum

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ANTICIPATORY GUIDANCE SCHEDULE

INFANT AND TODDLER ORAL HEALTH
ANTICIPATORY GUIDANCE SCHEDULE

AGE	APPROPRIATE GUIDANCE
Prenatal	Importance of good oral health for mother Signs of disease Preventing disease
1 month	Function of baby teeth Importance of baby teeth How decay occurs
3 months	Appropriate bottle use Appropriate breast feeding Comforting tips
6 months	Characteristics of Early Childhood Caries Causes of Early Childhood Caries Effects of Early Childhood Caries Prevention of Early Childhood Caries
9 months	Importance of cleaning baby teeth How to clean baby teeth Teach “Lift the Lip”
12 months	Switching from breast or bottle onto cup Importance of regular dental care Resources for dental care
18 months	Healthy eating
24 months	Establish that healthy behaviors have been implemented Screen for Early Childhood Caries

PRENATAL

Oral Health Anticipatory Guidance

Prenatal

Objective: Expectant moms will learn the importance of their own oral health and learn how to improve it

Educational Information:

1. Importance of good oral health for pregnant mothers

2. Signs of disease

3. Ways to prevent disease

Oral Health Education-Prenatal

1. Healthy mouths are important for pregnant moms not only for their own comfort and health, but also for their baby's health.

2. Expectant mothers with poor oral health have an increased risk of delivering low birth weight babies. This is because the infection in the mother's mouth can affect hormone levels that can cause premature labor

3. Dental decay is an infectious disease. The bacteria that cause the disease can be passed from mother to child.

4. Signs of dental disease include:
   - Bad taste in mouth
   - Bad breath
   - Red or swollen gums
   - Tender gums
   - Bleeding gums
   - Loose teeth
   - Sensitive teeth
   - Pain when chewing
   - Pus around teeth and gums
   - Tarter (brown, hard deposits) on tooth surfaces

5) Pregnant moms can reduce their risk of dental disease with daily brushing and flossing, good nutrition, avoiding tobacco products and receiving regular dental care.

6) Pregnant women who have a Medicaid card coded "P", may be eligible for dental Services if they have a note from their OB/GYN stating that their dental problem could adversely affect the pregnancy outcome

Prenatal Handouts

Oral Health Fact Sheet-Prenatal

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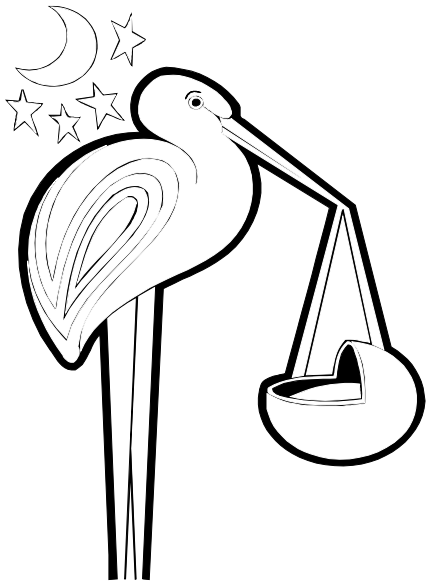
HEALTHY SMILE HAPPY CHILD

Pregnancy and Oral Health

Oral health is important during pregnancy and should not be neglected. The two most common forms of dental disease are tooth decay and gum-disease. Dental disease is caused by bacterial infection. **Pregnant moms with dental disease are more likely to have premature or low birth weight babies because of the infection!**



Warning Signs of Dental Disease

- Bad taste in mouth
- Bad Breath
- Red or Swollen Gums
- Tender Gums
- Bleeding Gums
- Loose teeth
- Sensitive teeth
- Pain when chewing
- Pus around teeth and gums
- Tarter (brown, hard deposits) on tooth surfaces

How to prevent Dental Disease

- Some women have dental problems during pregnancy. Hormone changes can make your gums sore and swollen and cause bleeding. In most women, brushing and flossing the teeth daily can prevent this. Brush after breakfast and before bedtime, using fluoridated toothpaste.
- Nutrition is very important during pregnancy because your baby gets nutrients from you. By eating right, you can start caring for your teeth and your baby's teeth as soon as you find out you are pregnant. Be sure to eat foods with calcium and Vitamin D every day. Your doctor can give you advice on how to eat well during your pregnancy.
- It is important to see your dental professional during your pregnancy to prevent dental problems. Be sure to make a dental appointment before your baby is born.
- If you need help finding a dentist call the Maternal Child Health Line at 1-800-429-2669.

Adapted with permission from the Ohio Department of Health, Bureau of Oral Health Services

Hoja de Datos de Salud Oral Prenatal

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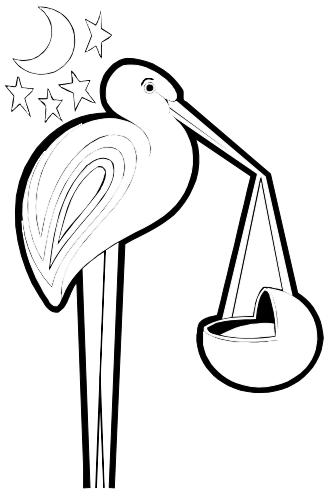
El Embarazo y La Salud Oral

La salud oral es importante durante el embarazo y no se debe abandonar. Las dos formas más comúnes de enfermedades dentales son: las caries y la enfermedad de la encía. La enfermedad dental es causada por infección bacterial**. ¡Es más probable que mujeres embarazadas con enfermedad dental tendrán bebes prematuros o de bajo peso a causa de la infección!**

Señales de advertencia de la Enfermedad dental

- Mal gusto en la boca
- Mal aliento
- Encías rojas o hinchadas
- Encías adoloridas
- Encías sangrantes
- Dientes flojos
- Dientes sensibles
- Dolor cuando mastica
- Pus alrededor de los dientes y las encías
- Sarro (depositos duros de color pardo) en los dientes



Cómo prevenir la Enfermedad Dental

- Algunas mujeres tienen problemas dentales durante su embarazo. Los cambios hormonales pueden causar que las encías les duelan o se hinchen y causen sangramiento. En la mayoría de mujeres ésto se puede prevenir por cepillarse los dientes y usando hilo dental diariamente. Cepillarse los dientes después del desayuno y antes de la hora de acostarse, usando una pasta dentífrica con flúor.
- La nutrición es muy importante durante su embarazo porque su bebé obtiene nutrientes de usted. Por comer bien, puede comenzar a cuidar de sus dientes y los dientes de su bebé, tan pronto como se de cuenta de que está embarazada. Esté segura de comer comidas con calcio y Vitamina D cada día. Su doctor puede aconsejarle cómo comer bien durante su embarazo.
- Es importante ver su profesional dental durante su embarazo para prevenir problemas dentales. Asegurese de hacer una cita con el dentista antes de que nazca su bebé.
- Si necesita ayuda de encontrar un dentista llame a Maternal Child Health Line al 1-800-429-2669.

TECHNIQUES OF BRUSHING
HOW TO BRUSH YOUR TEETH

1. Wash your hands first.

2. Do not share your toothbrush with anyone.

3. Place a pea-size dab of fluoridated toothpaste on toothbrush. (Begin using fluoride toothpaste at age 2.)

4. Place the bristles along gumline at a 45 degree angle. Bristles should contact both the tooth and the gumline. Brush your teeth **and** gums.

5. Gently brush 1-2 teeth at a time using a vibrating back and forth rolling motion.

6. Gently brush 1-2 teeth at a time moving in an established pattern. (left to right, inside to outside, top to bottom)

7. Brush the outside of all teeth, then the inside of all teeth.

8. Maintain a 45 degree angle with bristles contacting both the tooth and gumline.

9. Tilt brush vertically behind the front teeth. Make several up and down strokes using the front end of the brush.

10. Brush chewing surfaces last with a firm back and forth motion to remove cavity causing germs that collect in the deep groves of the tooth's surface.

11. The brushing process should take 2-3 minutes. Using a timer or clock is helps ensure that you brush for an adequate amount of time.

12. Do not forget to brush your tongue. Stick out your tongue and brush gently from side to side.

13. If you cannot brush after you eat (like at work), you can rinse your mouth with water. Swishing water between teeth will help to loosen food particles off your teeth.

14. Brush after breakfast and before bedtime. <u>The most important time to brush your teeth is before bed.</u> **Never** go to bed without brushing your teeth.

15. Replace your toothbrush every 3 months. If you have a cold or sore throat replace it sooner.

TÉCNICAS DE COMO CEPILLARSE SUS DIENTES

1. Primero lavese las manos

2. No comparta su cepillo de dientes con nadie

3. Ponga una cantidad de pasta dentífrica con flúor del tamaño de un guisante en el cepillo de dientes.

4. Ponga las cerdas del cepillo a lo largo de la linea de las encias, cepille sus dientes y encías en un ángulo de 45 grados. Las cerdas deben ponerse en contacto con ambos dientes y encías.

5. Cepille suavemente 1-2 dientes a un tiempo usando una vibración de un lado a otro con movimiento rodante.

6. Cepille suavemente 1-2 dientes a un tiempo con un patrón establecido. (de izquierda a derecha, de dentro a fuera, de arriba a bajo)

7. Cepille el lado de frente de todos los dientes, despues el lado interior de todos los dientes.

8. Mantenga un ángulo de 45 grados con las cerdas contactando ambos dientes y encías.

9. Incline el cepillo verticalmente atrás de los dientes delanteros. Haga varios movimientos de arriba a abajo usando la parte del frente del cepillo.

10. Cepille las superficies de masticar de último con movimientos firmes de un lado a otro para remover germenes que se colectan en los canales profundos de la superficie de los dientes y causan cavidades.

11. El proceso decepillar los dientes debe tomar de 2-3 minutos. Usando un cronómetro o reloj le ayuda a asegurar que se cepilla por una cantidad de tiempo adecuado.

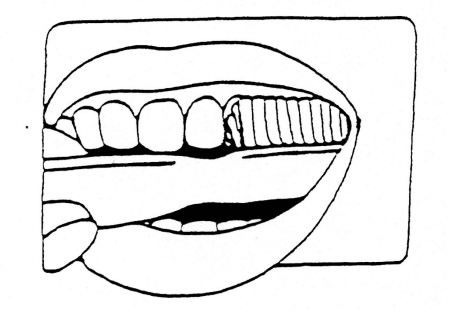
12. No se olvide de cepillar su lengua. Saque su lengua y cepillela suavemente de lado a lado.

13**.** Si no puede cepillarse los dientes después de que come (como en su trabajo), puede enjuagar su boca con agua. Agitando el agua entre dientes ayudará a soltar partículas de comida de sus dientes.

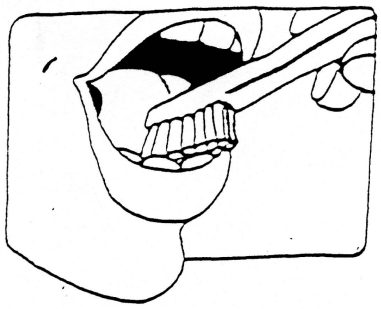
14. Cepille sus dientes después de desayuno y antes de acostarse**.** **El tiempo más importante de cepillar sus dientes es antes de acostarse**. Nunca se acueste sin cepillar sus dientes.

15. Reemplace su cepillo de dientes cada 3 meses. Si le duele la garganta o tiene catarro reemplacelo más pronto.

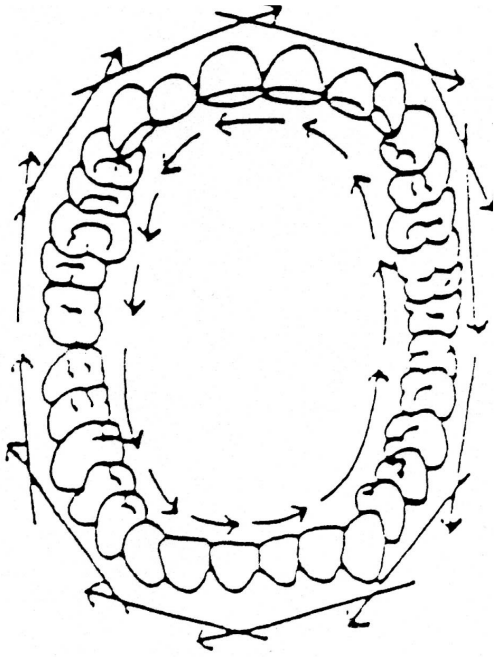
How to Brush Your Teeth



Place the head of your brush alongside your teeth, with the bristle tips angled against the gumline.

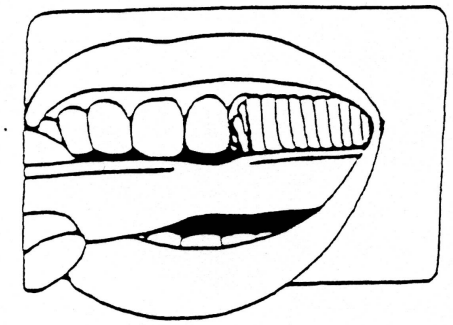


Brush the insides of front teeth with the "toe" (front part) of the brush.

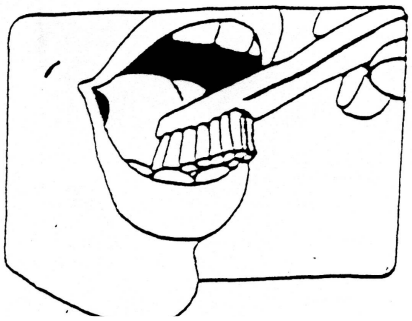


Brush the outsides and the insides of your upper and lower teeth.

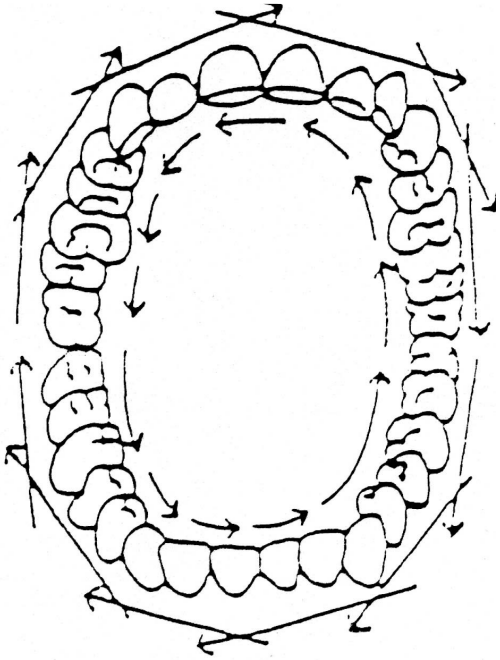
Cómo Cepillar Sus Dientes



Ponga la cabeza de su cepillo a lo Largo de sus dientes, con las puntas de las cerdas en un ángulo Contra la linea de la encía.



Cepille atras de los dientes delanteros con la parte del frente del cepillo.



Cepille el exterior y el interior de sus dientes de arriba y los dientes de abajo.

TECHNIQUES OF FLOSSING

HOW TO FLOSS YOUR TEETH

Flossing is necessary to remove plaque from between the teeth and below the gumline. It is important to clean these areas thoroughly because dental decay and gum disease often start in these areas where the toothbrush frequently does not reach. Gum disease means your gums bleed when you brush or floss your teeth. Bleeding gums are not normal. They are inflamed and can lead to infection

1. Tear off about 18 inches of floss.

2. Wrap floss around the middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1 – 2 inch length in between.

3. Use thumbs to direct floss between upper teeth. Use index fingers to direct floss between lower teeth.

4. Gently guide floss between the teeth by using a zigzag motion. TO PREVENT CUTTING GUMS, DO NOT SNAP FLOSS BETWEEN YOUR TEETH. Wrap floss in a "C" shape around side of the tooth and gently slide underneath the gums.

5. Slide floss up and down, (not back and forth), against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.

6. FLOSS at least once a day, every day.

TÉCNICAS DE COMO USAR HILO DENTAL

EN SUS DIENTES

El uso de hilo dental es necesario para quitar el sarro de entre los dientes y abajo de la linea de encías. Es importante limpiar estas áreas completamente porque las caries y la enfermedad de la encía a menudo empieza en estas áreas donde el cepillo de dientes frecuentemente no alcanza. La enfermedad de la encía quiere decir que sus encías sangran cuando se cepilla o usa el hilo dental en sus dientes. Encías sangrantes significa que tiene una infección y es anormal.

1. Corte aproximadamente 18 pulgadas de hilo dental.

2. Ponga el hilo dental alrededor de los dedos de enmedio de cada mano. Aprete el hilo dental entre el dedos pulgares y los dedos índices, dejando una 1- 2 pulgada de longitud entre los dedos.

3. Use los dedos pulgares para dirigir el hilo dental entre los dientes de arriba. Use los dedos índices para dirigir el hilo dental entre dientes de abajo.

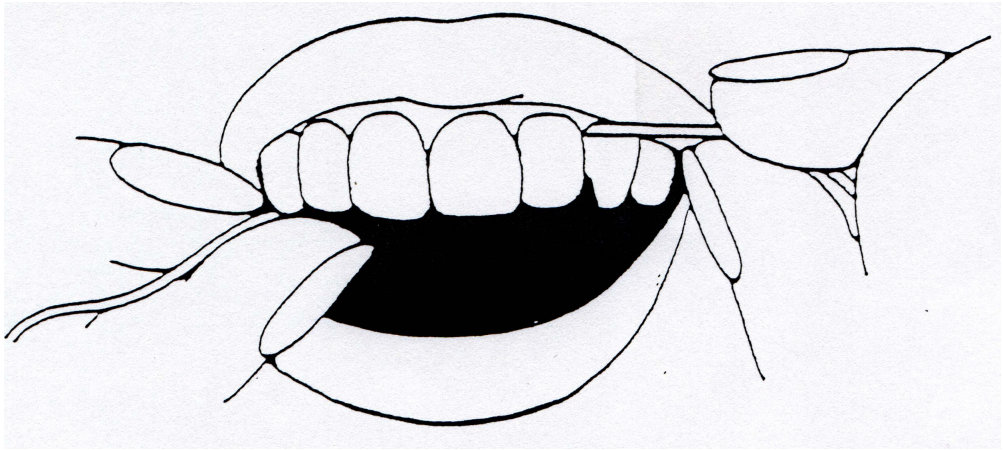
4. Suavemente guie el hilo dental entre los dientes usando un movimiento en zigzag. PARA PREVENIR CORTADURAS EN LAS ENCIAS, NO USE EL HILO DENTAL BRUSCAMENTE ENTRE SUS DIENTES. Envuelva en forma de "C" alrededor del lado del diente y suavemente deslicelo debajo de las encías.

5. Deslice el hilo dental de arriba a abajo, (no de un lado a otro), contra la superficie del diente y debajo de la linea de la Encía. Use hilo dental en cada diente completamente con una sección limpia.

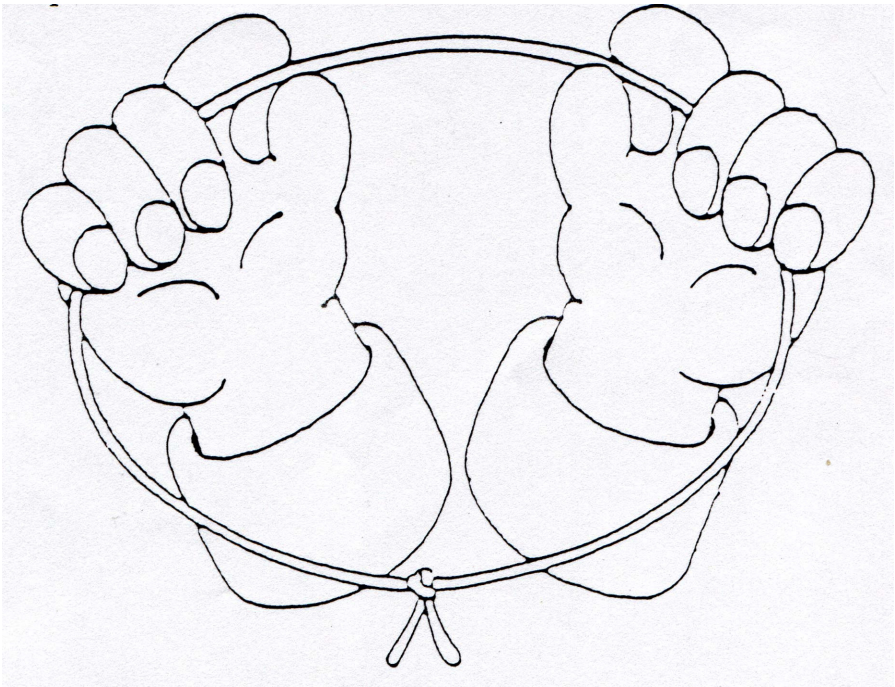
7. **USE HILO DENTAL** por lo menos una vez al día, cada día.

Flossing Your Teeth

Use dental floss to clean the sides of your teeth

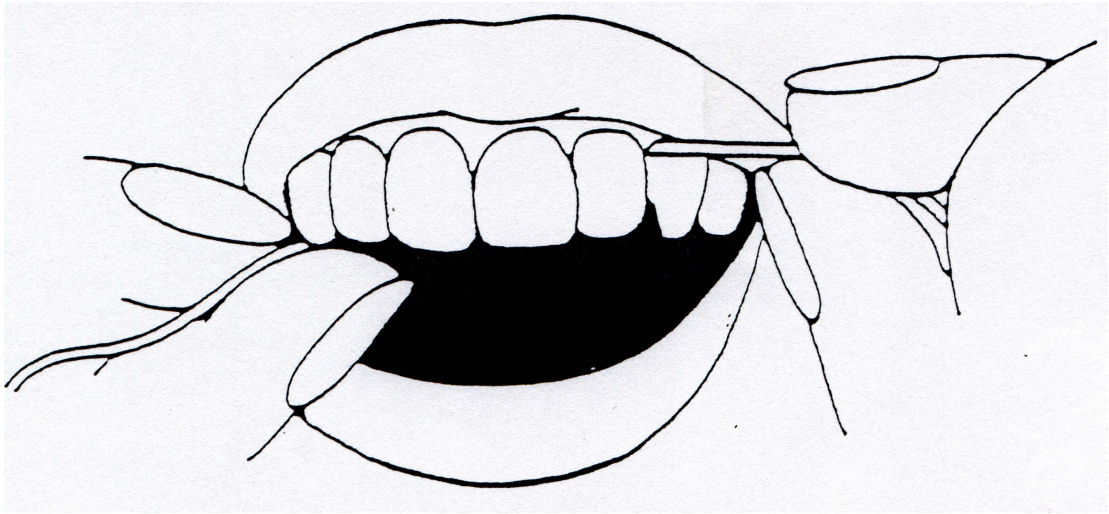


Floss goes under the gum line. It must
clean tooth surfaces on both sides of every space.

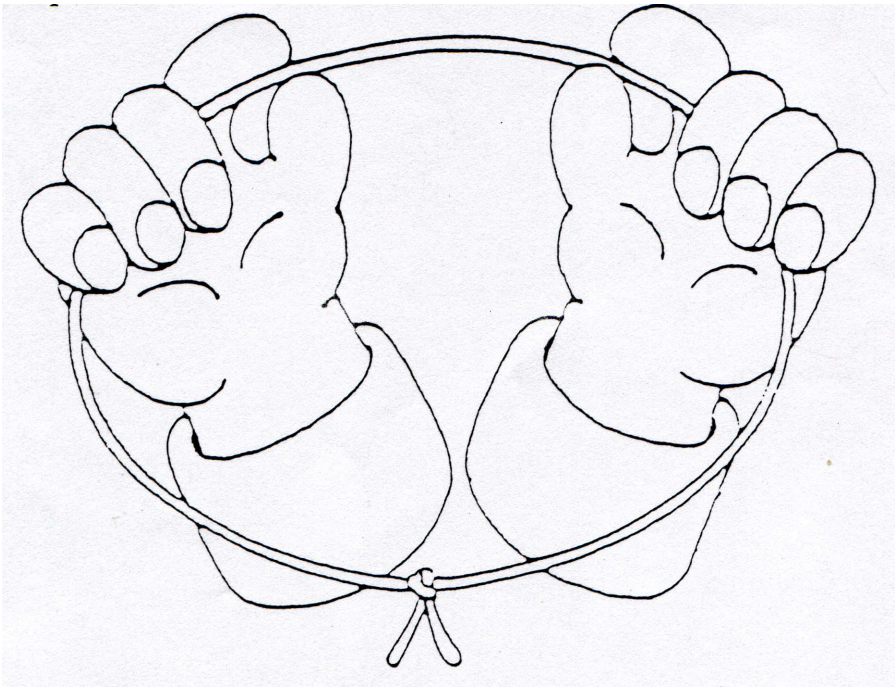


Holding floss tied in a circle.

USANDO HILO DENTAL EN SUS DIENTES



El hilo dental va bajo de la linea de la encia. Tiene que limpiar las superficies de los dientes en ambos lados y cada espacio.



Sostenga el hilo dental atado en un círculo.

1 MONTH

Oral Health Anticipatory Guidance

1 Month

Objective: Communicate importance of baby teeth

Educational Information:

1. Function of baby teeth
2. Importance of having healthy baby teeth
3. How decay occurs

HEALTHY SMILE HAPPY CHILD

Oral Health Education-1 month

1. Healthy baby teeth are important for infants and children so that they can:

- avoid pain
- eat properly
- pronounce words properly
- save space for adult teeth
- have good general health
- sleep well
- focus on learning
- have healthy adult teeth
- have good self-esteem.

2. Decay occurs when there are three factors present.

- Bacteria. These bacteria can be transmitted from caregiver to child.
- Teeth. This is why it is important to start cleaning baby teeth as soon as they come in
- The proper environment. All foods that contain **any** type of sugar (natural or refined) cause the bacteria to start producing acid. This acid is what causes tooth decay.

1 Month Handouts

Oral Health Fact Sheet- 1 month

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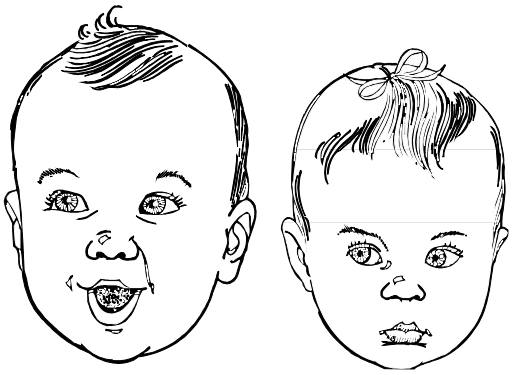
HEALTHY SMILE HAPPY CHILD

Baby Teeth are Important

Children need healthy baby teeth to:

1. Be able to eat properly
2. Learn to talk properly (pronounce words and make sounds)
3. Be able to sleep comfortably
4. Be able to learn without being distracted by dental pain
5. Have good general health
6. To hold space for the adult teeth so the adult teeth don't come in out of line
7. Reduce the chances of having cavities in the adult teeth
8. Have a happy smile!

Healthy Smile – Happy Child



Hoja de Datos de Salud Oral 1 mes

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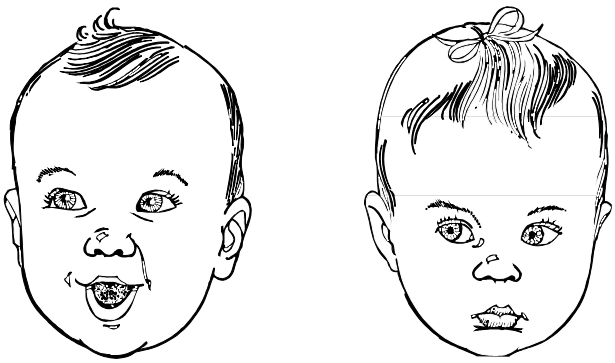
Los Dientes de bebé son Importantes

Los niños requieren dientes saludables de bebé para:

1. Poder comer propiamente
2. Aprender a hablar propiamente (pronunciar palabras y hacer sonidos)
2. Poder dormir cómodamente
4. Poder aprender sin ser distraidos por dolor dental
5. Tener buena salud en general
6. Tener espacio para los dientes de adulto así los dientes de adulto no entran fuera de línea
7. Reducir las oportunidades de tener cavidades en los dientes de adulto
8. ¡Tener una sonrisa feliz!

Sonrisa Saludable- Niño Feliz



Oral Health Fact Sheet- 1 month

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HEALTHY SMILE HAPPY CHILD

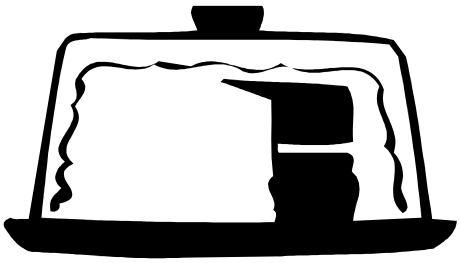
Dental Decay is a Infectious Disease

In order for tooth decay to occur, there must be three things:

Bacteria. Infants are not born with the bacteria that cause dental decay. They are infected, usually by their caregiver, through saliva. Caregivers can infect the child with the bacteria by: Sharing eating utensils such as a spoon or glass, sharing food, pre-chewing food for the baby or cleaning off a baby bottle nipple or a pacifier with their mouth

A tooth. As soon as a baby gets his/her first tooth, it is important to start cleaning the baby's mouth and teeth.

The proper environment (foods containing sugars). All foods and drinks that contain **any** kind of sugar, allow the bacteria to start producing acids. Even "natural" sugars like those found in milk and juice can cause acid production. These acids are what cause cavities in teeth.



Hoja de Datos de Salud Oral 1 mes

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SONRISA SANA
NIÑO FELIZ

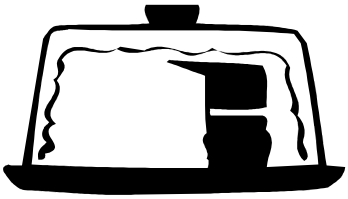
Las Caries dentales son una Enfermedad Infecciosa

Para que las caries ocurran, deben de haber tres cosas:

Bacteria. Infantes no nacen con la bacteria que causa las caries. Usualmente se infectan por la saliva de las persona que los cuidan. Las personas que los cuidan pueden infectar al niño con la bacteria por: Compartir utensilios tal como cucharas o vasos, compartiendo comida, pre-masticando la comida para el bebé o limpiendo la tetina del biber∴n/mamila o pacificador del bebé con la boca .

Un diente. En cuanto un bebé tenga su primer diente, es importante comenzar la limpieza de la boca y dientes del bebé.

El ambiente propicio (comidas que contienen azúcares).
Todas las comidas y bebidas que contienen cualquier clase de azúcar, deja que la bacteria comience a producir ácidos.
Igual que azúcares naturales como ésas que se encuentran en leche y jugo puede causar producción de ácido.
Estos ácidos son los que causan cavidades en los dientes.



3 MONTHS

Oral Health Anticipatory Guidance

3 months

Objective: Appropriate infant feeding practices

Educational Information:

1) Appropriate bottle use
2) Appropriate breast feeding
3) Comforting tips

Oral Health Education-3 months

1. Bottle-feeding

- Bottles are for nutrition. They should only be used to feed babies who are not breast-feeding or who are not yet able to drink from a cup.
- Offer only formula, breast milk or water from a bottle.
- Offer the bottle at feeding time. The bottle is not a toy or a pacifier.
- Sleeping time is **not** feeding time. Do not put baby to bed with a bottle. Putting a baby to bed with the bottle increases the risk of the baby developing Early Childhood Caries.

2. Breast feeding

- If you are breastfeeding, remove baby from the breast as soon as the baby is finished feeding. Allowing the baby to nurse for long periods of time increases the baby's chance of developing Early Childhood Caries. Even breastmilk can cause Early Childhood Caries.

3. Comforting tips

- Offer a blanket, stuffed animal, or favorite toy instead of a bottle at sleeptime
- Give baby a warm bath before bedtime
- Rock the baby to sleep
- As a last resort, allow WATER ONLY in the bottle
- Remember that it may take 3 to 7 nights of crying to break the bedtime bottle habit.

3 Month Handout

Oral Health Fact Sheet-3 months

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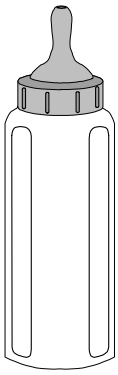
HEALTHY SMILE HAPPY CHILD

Healthy Infant Feeding Practices

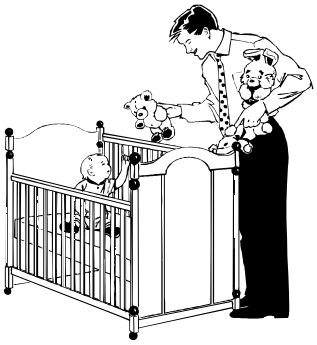
Proper use of the bottle is the first step in preventing dental problems.



Bottles should be used to feed babies who are not breastfeeding or who are not yet able to drink from a cup.

Feed only formula, breast milk or water from a bottle.

Offer the bottle only at feeding times.
A bottle is not a toy or a pacifier.



If you are breastfeeding, remove baby from your breast as soon as baby is done feeding. That way your baby's teeth do not come into contact with the natural sugars in breastmilk for long periods of time.

Sleeping times are not feeding times. Do not put baby to bed with a bottle. The sugar in formula, milk, juice and sweetened drinks can decay the teeth if it stays in baby's mouth during sleep. The baby who goes to bed with a bottle can get painful tooth decay. Instead you can:

Offer a blanket, stuffed animal or favorite toy instead of a bottle at sleeptime.
Give baby a warm bath
Rock the baby to sleep
As a last resort, allow WATER ONLY in the bottle.
It may take about 3 to 7 nights of the child crying to break the bedtime bottle habit.

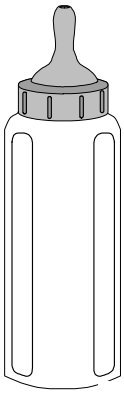
Hoja de Datos de Salud Oral 3 meses

Nevada State Health Division
Bureau of Family Health Services
Oral Health Program
3427 Goni Road, Suite 108
Carson City, NV 89706
(775) 684-4285

SONRISA SANA
NIÑO FELIZ

Prácticas de Alimentación Saludable para Niños

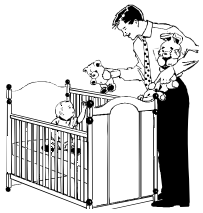
El uso apropiado del biberón/mamila es el primer paso en prevenir problemas dentales



Los biberones/mamilas se deben usar para alimentar a los bebés que no están tomando pecho o para quienes no están listos todavía, para beber en una taza.

Dele a su bebé solamente fórmula, leche de pecho o agua en la botella.

Ofrezca el biberón/mamila solamente en los tiempos de comida. Un biberón/mamila, no es un juguete o un pacificador.



Si usted le da pecho, quite el bebé de su pecho tan pronto como termine el bebé de comer. De esa manera los dientes de su bebé no están en contacto con azúcares naturales en la leche materna por períodos largos de tiempo.

Los tiempos de dormir no son tiempos de darle de comer al bebé. No ponga al bebé en la cama con un biberón/mamila. El azúcar en fórmula, leche, jugo y bebidas endulzadas pueden deteriorar los dientes si queda en la boca del bebé durante está dormido. El bebé que se acuesta con un biberón/mamila, puede tener dolor de dientes por causa de las caries. En cambio del biberón/mamila usted puede:

Ofrecerle una manta, su favorito juguete o animal de peluche en lugar del biberón/mamila *a la hora de dormir.*
Déle un baño con agua tibia al bebé.
Mecer el bebé para dormirlo
Como último recurso deje SOLO AGUA en biberón/mamila.
Les tomara aproximadamente de 3 a 7 noches de que el niño llore para que rompa el hábito de la hora de acostarse con biberón/mamila.

6 MONTHS

Oral Health Anticipatory Guidance

6 months

Objective: Knowledge of causes, effects and prevention of Early Childhood Caries (ECC)

Educational Information:

1) Characteristics of ECC
2) Effects of ECC
3) Causes of ECC
4) Prevention of ECC

HEALTHY SMILE HAPPY CHILD

Oral Health Education-6 months

1. What are the characteristics of Early Childhood Caries:

- Early Childhood caries develops **VERY** quickly. Often teeth are completely destroyed within 6 months.

2. Effects of Early Childhood Caries

- Early Childhood Caries causes **MANY** problems for the child and the parents

3. A child is at increased risk of developing Early Childhood Caries if:

- The child is put to sleep with a bottle or at the breast
- The child is put to sleep after feeding, without having the teeth wiped off with a wet cloth or brushed
- The bottle is used for comforting instead of nutrition
- The child is not weaned soon enough
- Regular cleaning of the teeth is not started as soon as the teeth come in
- The caregiver has a lot of untreated tooth decay

4. Early Childhood Caries can be prevented

- Don't put baby to sleep with a bottle or at the breast
- Don't prop the bottle
- Don't use the bottle for comforting
- Only use the bottle to feed baby milk, formula, breast milk or water
- Start cleaning teeth as soon as they come in.
- Clean baby teeth right before bedtime
- Wean baby by one year of age

6 Month Handout

Oral Health Fact Sheet- 6 months

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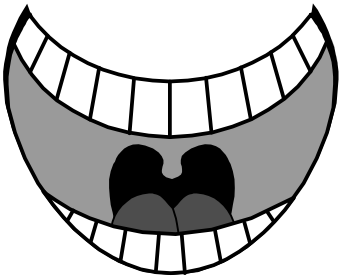
HEALTHY SMILE HAPPY CHILD

Facts about Early Childhood Caries

What are the characteristics of Early Childhood Caries?
*It develops **VERY** rapidly*
The upper front teeth are the first teeth to be affected
As the disease progresses, the baby molars are affected
When the disease becomes very severe, the lower front teeth are affected

What are the effects of Early Childhood Caries?
Pain for the baby
Difficulty in chewing
Difficulty learning to speak
Difficulty sleeping
Difficulty learning
Poor general health
Crooked or crowded permanent teeth
Increased risk of decay in permanent teeth
Poor self esteem
Costly tooth repair which usually requires hospitalization



What causes Early Childhood Caries?
Giving baby a bottle to sleep with
Sleeping all night at the breast
Propping a bottle
Using a bottle as a pacifier
Using a pacifier dipped in sugar, syrup or anything sweet
Allowing baby to go around with a bottle in his or her mouth

How can Early Childhood Caries be prevented?
Hold your infant while feeding
Don't prop a bottle or allow a child to fall asleep with a bottle
Don't use a bottle as a pacifier
Don't give baby a pacifier that has been dipped in anything sweet
When you start your baby on fruit juice, use only a cup
Feed ONLY formula from a bottle (don't give juice or sweetened drinks from the bottle)
Don't feed babies, soda pop, Kool-aid or other sweetened drinks
Start using a cup at 6 to 9 months
Wean your baby off the bottle by one year of age.
*Clean your baby's teeth **as soon as they come in***

Hoja de Datos de Salud Oral 6 meses

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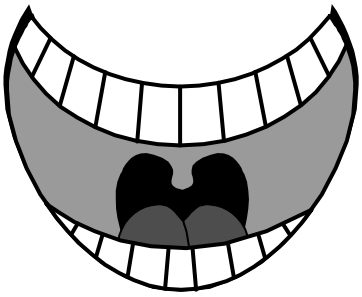
Hechos acerca de las Caries de la Niñez Temprana

¿Cuáles son las características de las Caries de la Niñez Temprana?

*Se desarrolla **MUY** rápidamente*
Los dientes de enfrente de arriba son los primeros dientes que afecta al progresar la enfermedad, afecta los molares del bebé
Cuando la enfermedad llega a ser muy severa, afectan los dientes de abajo delanteros

¿ Cuáles son los efectos de las Caries de la Niñez Temprana?



Dolor para el bebé
Dificultad en masticar
Dificultad de aprender a hablar
Dificultad de dormirse
Dificultad de aprender
Salud pobre en general
Dientes permanentes apiñados o torcidos
Aumentó del riesgo de caries en los dientes permanentes
Pobre auto estima
Reparación muy cara de los dientes, a veces se requiere hospitalización

¿Qué causa Caries de la Niñez Temprana?

Darle un biberón/mamila al bebé para dormirlo
Dormirlo toda la noche dandole pecho
Darle un biberón/mamila inmediatamente
Usar un biberón/mamila como un pacificador
Usar un pacificador sumergido en azúcar, jarabe o cualquier cosa dulce
Dejar que bebé vaya por todas partes con el biberón/mamila en su boca

¿Cómo se pueden prevenir las Caries de la Niñez Temprana?

Tome el bebé en sus brazos mientras le da de comer
No deje que el niño se duerma con un biberón/mamila
No use un biberón/mamila como un pacificador
No le de al bebé un pacificador que se le haya puesto cualquier cosa dulce.
Cuando empiece a darle al bebé jugo de frutas, use solamente una taza
Ponga en biberón/mamila solamente formula (no le de jugo o bebidas dulces del biberón/mamila)
No alimente los bebés, soda, Kool-aid u otras bebidas dulces
Empiece a usar una taza de los 6 a los 9 meses
Quitele a su bebé el biberón/mamila a la edad de un año.
*Limpie los dientes del **bebé tan pronto como aparezcan***

9 MONTHS

Oral Health Anticipatory Guidance

9 months

Objective: Learn about infant oral hygiene

Educational Information:

1) Importance of cleaning baby teeth
2) How to clean infant's teeth
3) "Lift the Lip" technique

HEALTHY SMILE HAPPY CHILD

Oral Health Education-9 months

1. **It is important to take care of baby teeth**

- Baby teeth are important.
- Early Childhood Caries causes lots of problems.
- Early Childhood Caries can be prevented. It is not inherited
- As soon as the baby teeth start to come in, they need to be cleaned.

2. **How to clean baby teeth**

- Baby teeth can be cleaned by wiping the teeth and gums with a wet cloth or gauze
- They can also be cleaned by brushing them with a small, soft toothbrush using a small, pea-sized dab of non-fluoridated toothpaste or even just water

3. **It is important to check for any signs of Early Childhood Caries**

- If Early Childhood Caries is detected soon enough, its progress can be halted and sometimes even reversed

4. **It is easy to check for signs of Early Childhood Caries**

- Lift the baby's upper lip and look for any white or brown spots on the four upper front teeth.
- Look at both the front and the backside of the teeth
- It is easiest to do this with two people. One to hold the baby and the other to lift the lip and look
- Do this at least once a month. ***REMEMBER!*** Early Childhood Caries can progress ***VERY FAST!***

9 Month Handout

Oral Health Fact Sheet- 9 months

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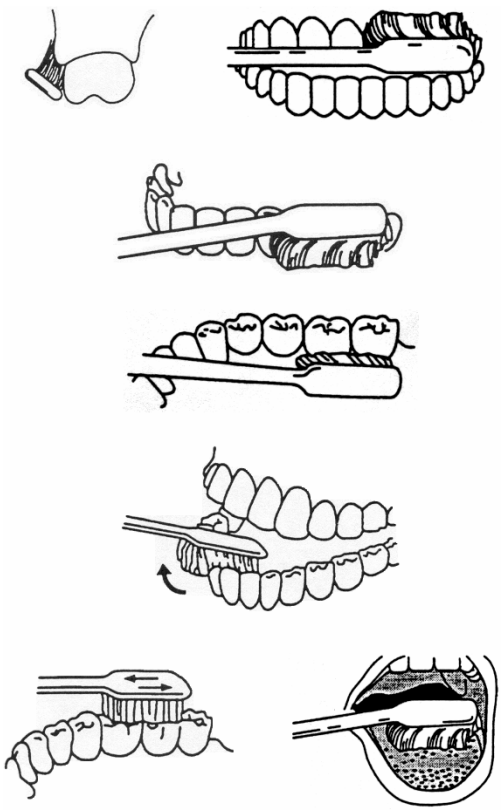
HEALTHY SMILE HAPPY CHILD

Care of Teeth Begins Early In Life

- Teeth should last a lifetime! Tooth decay and problems can be avoided by the daily removal of plaque

- Plaque is made up of germs that live on your teeth, all the time Plaque should be removed everyday to stop the germs from making acid that can cause tooth decay

- Wipe baby's gums and teeth with a clean cloth or gauze daily or brush with a small toothbrush that is not worn out or frayed, using a small pea-sized dab of toothpaste or just water



How to brush your child's teeth:

- *Point the toothbrush bristles towards the gumline*
- *Use short back and forth strokes*
- *Brush the inside, outside, back, front, and chewing surface of each tooth*
- *Brush the tongue*
- *Help your child brush everyday until around age 8*
- *Floss the teeth*

Your Child Will Learn from You.....Set A Good Example

Adapted with permission from the Ohio Department of Health, Bureau of Oral Health Services

Hoja de Datos de Salud Oral 9 meses

Nevada State Health Division
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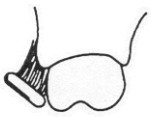
SONRISA SANA
NIÑO FELIZ

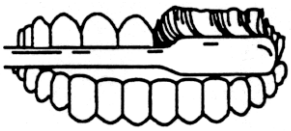
El Cuidado de los Dientes Empieza a Temprana Edad

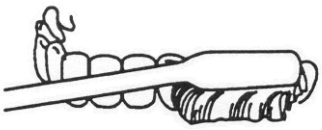
- ¡Los dientes deben durar toda una vida! Las caries y problemas pueden ser evitados por quitarse el sarro diaro.

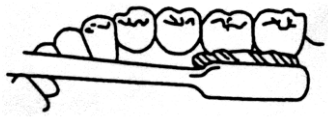
- El sarro esta hecho de bacteria que vive en *Sus dientes, todo el tiempo. Se debe quitar el* sarro todos los días para detener la bacteria de fabricar ácido que puede causar caries

- Limpie las encías y dientes del bebé con tela o gasa limpia diariamente o cepillelos con un cepillo pequeño de dientes que no este gastado o raído. Usar la cantidad del tamaño de un guisante pequeño de pasta dentífrica



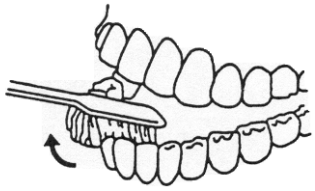


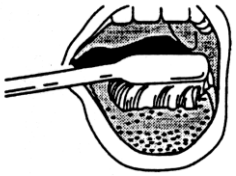




Cómo cepillar los dientes de su niño:

- *Apunte las cerdas del cepillo de dientes Hacia la linea de la encía*
- *Use movimientos cortos de atras a adelante*
- *Cepille el lado interior, el lado de fuera, de atras y al frente, y la superficie de masticar de cada diente*
- *Cepille la lengua*
- *Ayude a su niño a cepillarse todos los días hasta alrededor de 8 años de edad*
- *Use hilo dental en los dientes*





Su Niño Aprenderá de Usted . . . . . Déle Un Buen Ejemplo

Adaptadó con permiso del Departamento de Salud de Ohio, Servicios de la Salud Oral

12 MONTHS

Oral Health Anticipatory Guidance

12 months

Objective: Wean from bottle/breast to cup
Emphasize preventive dental care

Educational Information:

1) Weaning tips
2) Importance of regular dental care
4) Resources for Dental Services

HEALTHY SMILE HAPPY CHILD

Oral Health Education-12 month

1. **By one year of age, babies should be weaned off the bottle**

- Allowing baby to use a bottle after 12 months, increases the risk of developing Early Childhood Caries
- The longer the child is on the bottle, the harder it will be to wean them
- The key to weaning is patience. It will take time for baby to adjust to the change

2. **Regular dental care is important because:**

- Early Childhood Caries can start at a very early age and progress very rapidly, the American Academy of Pediatric Dentists recommends the first visit to the dentist no later than12 months of age or 6 months after the first tooth erupts in order to intercept any potential problems.
- Good dental experiences in childhood will lead to lifelong practices of good health.
- Prevention is much less expensive than treatment.
- Prevention can be scheduled at times that are convenient
- Prevention is much less traumatic for the child
- The early stages of Early Childhood Caries may be stopped and even reversed by using fluoride treatments.

12 Month Handout

Oral Health Fact Sheet- 12 months

Nevada State Health Division
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Oral Health Program
3427 Goni Road, Suite 108
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(775) 684-4285

HEALTHY SMILE HAPPY CHILD

From Bottle to Cup

Weaning is teaching your baby to drink from a cup and not the bottle or breast. Begin weaning around 6 months. Try to completely wean your child by 1 year of age.

Remember:
Children's teeth can decay unless weaned by about age one
The longer a child is on the bottle, the harder it will be to wean
The key to weaning is patience and understanding
Weaning helps prevent tooth decay

TIPS

- Start early. At an early age the baby will want to hold things and put them in his or her mouth. One of these things can be a small cup. Your baby will learn to put it in his or her mouth by playing with it.
- After your baby is familiar with the cup and is able to put it his or her mouth, put a few drops of formula in it at each meal. Do not hold the cup for your baby. Let your baby develop the pride of drinking by him or herself.
- When you feel that your baby is ready, give him or her more and more from the cup
- Take bottles away gradually. Most babies will not want to give up the bottle all at once
- Be patient. It will take your baby time to learn to drink from a cup
- Sing, read, hold or rock child to comfort instead of giving in to his or her crying for a bottle
- Babies should be drinking from a cup by their first birthday
- Some parents hide or give away all the bottles on the target date for weaning **or**
- Let the child throw away his or her bottles and make a celebration of using the cup all the time

Hoja de Datos de Salud Oral 12 meses

Nevada State Health Division
Bureau of Family Health Services
Oral Health Program
3427 Goni Road, Suite 108
Carson City, NV 89706
(775) 684-4285

SONRISA SANA
NIÑO FELIZ

Del Biberón (mamila) a la Taza

Al quitarle el pecho o biber Del Biberón (mamila) a la Taza

Al quitarle el pecho o biberón a su bebé Ud., le enseña a beber en taza y no pecho o biberón Empiece a quitarle el pecho y el biberón a su bebé alrededor de los 6 meses de edad. Trate de quitarle biberón y el pecho completamente su niño a la edad de un año.

Recuerde:
Los dientes de los niños se pueden deteriorar si no les deja de dar pecho o biberón acerca de un año de edad
Entre más tiempo tenga a un niño con pecho o biberón más duro será quitarselo
La llave para quitarle el biberóno el pecho es paciencia y comprensión
Quitandole el biberón y el pecho ayuda a prevenir las caries

Consejos

- Comience temprano. A una edad temprana el bebé querrá agarrar cosas y ponerselas en su boca. Una de estas cosas puede ser una taza pequeña. Su bebé aprenderá a ponersela en su boca por jugar con ella.
- Después de que el bebé se familiarice con la taza y es capaz de ponersela en su boca cada comida, pongale unas pocas gotas de fórmula en la taza. No sostenga la taza por su bebé. Permita que su bebé desarrolle el orgullo de beber por si mismo.
- Cuando usted crea que su bebé está listo, dele más y más de la taza
- Quitele el biberón gradualmente. La mayoría de bebés no querrán dejar el biberón de una vez
- Sea paciente. Le tomará tiempo a su bebé para aprender a beber de una taza
- Cantele, leale, tome el niño en sus brazos y arrullelo para confortarlo en lugar de darse por vencido de que llore por el biberón.
- Los bebes deberían beber en una taza al tener su primer cumpleaños
- Unos padres esconden o regalan todos los biberónes en la fecha de quitarle el biberón o
- Permiten que el niño bote sus biberónes y hacen una celebración de usar la taza todo el tiempo

Oral Health Care Resources

DIVISION OF HEALTH CARE FINANCING AND POLICY

BENEFITS AND RESTRICTIONS MEDICAID DENTAL

1. Persons under age 21 are entitled to routine dental exams, treatment and preventive care.

2. Persons age 21 and over are limited to emergency services needed to control bleeding, relieve significant pain, eliminate acute infection, prevent loss of teeth and/or prosthetic device.

3. Orthodontia must be necessary according to Medicaid criteria and is not granted just to improve appearance.

4. Medicaid codes coded "M"
   (Medicaid co-payments and deductibles only) are not eligible for dental services

   Medicaid cards coded "P"
   (Pregnancy -related only) – To avoid possible delay, bring a note from an OB/GYN doctor stating that your dental problem could negatively affect the pregnancy outcome.

   Medicaid cards with note "2"
   (Multiple insurances) – Give all medical insurance to the dentist, or get written statement from your primary insurance carrier stating that dental is not covered.

DEPARTMENT OF HUMAN RESOURCES

(02/28/00)

ORAL HEALTH RESOURCES
LAS VEGAS AREA

PROGRAM	*ADDRESS/CONTACT*	*PHONE*
Las Vegas Area:		
UNLV Medicaid/Nevada Check Up Access Center		(702) 647-1074
CCSN Dental Hygiene Program	6375 W. Charleston Blvd. Las Vegas, NV 89146	(702) 651-5510
UNLV School of Dental Medicine		(702) 895-0451
Donated Dental Services (DDS Program) for Disabled, Elderly and Medically Compromised		(702) 651-5573
Miles for Smiles Mobile Bus	6375 W. Charleston Blvd. Las Vegas, NV 89146	(702) 651-5744
Huntridge Teen Clinic (serves ages 12 to 18)	2100 S. Maryland Pkwy, Ste 5 Las Vegas, NV 89104	(702) 732-8776
St. Rose Positive Impact Program (children living in zip codes 89122, 89123, 89012, 89014, 89015, Al Landman and Herb Kaufman Head Start Children)		(702) 616-4824

RESOURCES FOR ORAL HEALTH CARE IN NORTHERN AND RURAL NEVADA

PROGRAM	*ADDRESS/CONTACT*	*PHONE*
Northern & Rural:		
Nevada Medicaid	Reno Carson City Fallon Elko	(775) 688-2811 (775) 684-3651 (775) 423-6730 (775) 753-1191
Nevada Check Up Program		(800) 360-6044
St. Mary's Take Care A Van/Northern Nevada Dental Health Program		(775) 770-6609
HAWC	1055 S. Wells Avenue Reno, NV 89502 6490 S. McCarran Blvd., Ste A9 Reno, NV 89509	(775) 329-6300 (775) 825-6702
Healthy Smiles Family Dentistry	120 Bovard Street Yerington, NV 89447	(775) 463-1800
TMCC Dental Hygiene Program (Preventative Services)	7000 Dandini Blvd. Reno, NV 89512	(775) 674-7554
Silver Springs Medical Center	Crystal Huerta	(775) 230-2316 (775) 577-4141
Miles for Smiles, Elko	Terry Clark	(775) 738-3828

RESOURCES FOR ORAL HEALTH CARE IN TRIBAL CLINICS

PROGRAM	*ADDRESS/CONTACT*	*PHONE*
Tribal Clinics:		
Elko Southern Bands Tribal Center	515 Shoshone Circle Elko, NV 89801	(775) 738-2252
Fallon Tribal Health Centers (Accepts some non-tribal children)	1001 Rio Vista Fallon, NV 89407	(775) 423-3634
Owyhee Community Health Facility	PO Box 130 Owyhee, NV 89832	(775) 757-2415
Pyramid Lake Health Clinic	PO Box 227 Nixon, NV 89424	(775) 574-1018
Reno Sparks Health and Human Services Center	34 Reservation Road Reno, NV 89502	(775) 329-5162
Walker River Tribal Health Clinic	PO Box Drawer C Schurz, NV 89427	(775) 773-2005
Washoe Tribal Health Clinic (Accepts some non-tribal children)	1559 Watasheamu Road Gardnerville, NV 89410	(775) 265-4215
Yerington Paiute Tribal Clinic (Accepts some non-tribal children)	171 Campbell Lane Yerington, NV 89447	(775) 463-3335

18 MONTHS

Oral Health Anticipatory Guidance

18 months

Objectives: Promote healthy eating habits

Educational Information:

1. Nutritious foods and beverages are needed for healthy teeth and gums
2. Cavity formation depends on frequency, duration and consistency of foods eaten
3. Brush after eating foods that stick to teeth

Oral Health Education-18 months

1. Nutritious foods and beverages are needed for healthy teeth and gums

2. Encourage good eating habits. Chooses a variety of foods from each of the food groups. Set regular meal and snack times.

3. When your child is thirsty, offer water. Avoid sweet drinks such as soda pop, Kool-aid, Hi-C, Tang, and fruit punch.

4. Help your child control a "sweet tooth". Avoid candy, cookies, cake, pastries, Jello, doughnuts, and granola bars.

5. The number of cavities an individual gets depends on
   - **How many** times they eat each day
   - **How long** the food is in the mouth
   - **How sticky** the food is

6. It is especially important to brush after eating foods that stick to teeth such as:
   - Candy
   - Raisins and dried fruit
   - Peanut butter
   - Syrup and honey
   - Jelly and Jam
   - Crackers
   - Soft bread

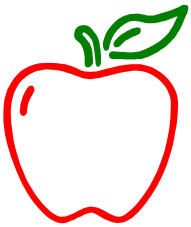
18 Month Handout

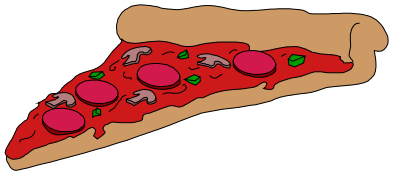
Oral Health Fact Sheet- 18 months

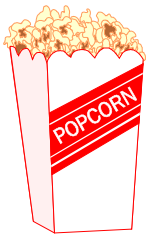
Nevada State Health Division
Bureau of Family Health Services
Oral Health Program
3427 Goni Road, Suite 108
Carson City, NV 89706
(775) 684-4285

HEALTHY SMILE HAPPY CHILD

Food Facts for Healthy Teeth







Choose healthy foods that are good for your body!

Good eating habits formed at an early age continue through out life.

Eating foods that stick to the teeth and have a lot of sugar like candy, sweetened cereal, raisins, and fruit roll-ups increase the risk of getting cavities.

The number of cavities you get depends on:

- **How many** times you eat each day
- **How long** the food is in the mouth
- **How sticky** the food is

Best Bites!

- Raw fruits and vegetables
- Pizza
- Popcorn, pretzels
- Bagels or pita bread
- Whole grain crackers
- Meat and cheese slices
- Yogurt, applesauce or fruit cups
- Milk-low fat or skim for children over 2 years
- Unsweetened fruit or vegetable juice

Hoja de Datos de Salud Oral 18 meses

Nevada State Health Division
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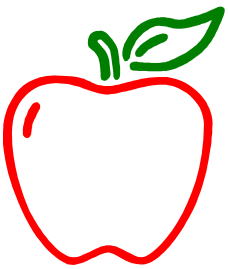
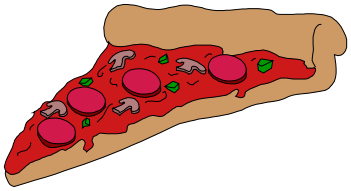
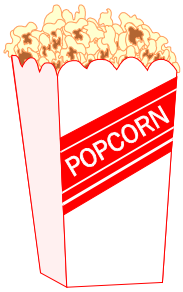
3427 Goni Road, Suite 108
Carson City, NV 89706
(775) 684-4285

SONRISA SANA
NIÑO FELIZ

Hechos de la Alimentación para Dientes Saludables







¡Escoja comidas saludables que son buenas para su cuerpo!
Buenos hábitos de comer formados a una edad temprana continuan de por vida.

Comer comidas que se pegan a los dientes y tienen mucha azúcar como dulces, cereal, endulzado, pasas, y rollo-ups de fruta aumentan el riesgo de tener cavidades.

El número de cavidades que tenga depende de:

- **Cuántos veces** come cada día
- **Cuánto tiempo** está la comida en la boca
- **Cómo es de pegajosa** la comida

Los mejores bocadillos!

- Frutas y verduras crudas
- Pizza
- Palomitas de maíz, pretzels
- Bagels o pan de pita
- Galletas de grano enteras
- Carne y rodajas de queso
- Yogurt, compota de manzana (applesauce) o tazas de fruta
- Leche descremada para niños mayores de 2 años
- Jugo o verdura o fruta sin azúcar

24 MONTHS

Oral Health Anticipatory Guidance

24 months

Objective: Implementation of healthy behaviors

Educational Information:

1. Regular oral hygiene has been implemented by caregiver
2. Child is completely weaned
3. Healthy eating habits have been established
4. Screen for Early Childhood Caries

Oral Health Education-24 months

1. Young children are unable to brush effectively by themselves until they are about 8 to 10 years old. In order for young children to have healthy teeth, caregivers need to assist children with oral hygiene

2. By 12 months of age, children should be completely off the bottle. Toddlers should never be allowed to carry a bottle around with them.

3. Foods containing both natural and processed sugars contribute to cavities. The frequency of a child's sugar consumption is very important. The more often a child eats or drinks foods containing sugars, the greater their risk of developing decay. Foods that are sticky and that cling to the teeth are especially harmful.

4. Check the child's teeth using the "Lift the Lip" technique. If the teeth appear clean and healthy, compliment and congratulate the caregiver. If the teeth do not appear clean, show the caregiver and explain that the child is at increased risk of developing problems with their teeth. If there are white or brown spots on the teeth, show the caregiver, and refer them to a dental care provider.

24 Month Handout

Oral Health Fact Sheet- 24 months

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HEALTHY SMILE HAPPY CHILD

Your Child Can Have Healthy Teeth!

BRUSH

- Brush baby teeth as soon as they come in
- Brush every day, especially before bedtime
- Assist children with brushing until they are eight to ten years old
- Assist children with flossing until they are about nine

USE A CUP

- Take baby off the bottle by 12 months of age
- Don't let children carry a bottle or a sippy cup around

HEALTHY EATING

- Provide healthy snack choices
- Avoid sweets, especially those that can stick to teeth

Hoja de Datos de Salud Oral 24 meses

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¡Su Niño Puede Tener Dientes Saludables!

CEPILLO

- Cepille los dientes del bebé en cuanto aparezcan
- Cepilleselos diaramente especialmente antes de dormir
- Ayudeles a sus niños a cepillarse los dientes hasta que tengán aproximadamente ocho o diaz años.

USE UNA TAZA

- Deje de darle biberón a su bebé a los 12 meses de edad
- No permita que sus niños lleven un biberón por todos lados.

COMIDAS SALUDABLES

- Provea opciones de bocadillos saludables
- Evite dulces, especialmente esos que se pegan a los dientes

“LIFT THE LIP”

“Lift the Lip” is a five-minute video that shows parents how they can examine their babies’ teeth. It is available in English, Spanish, Chinese, Vietnamese and Russian. Cost is $19.00 for the first copy and $14.00 for additional copies.

To order, write or call:

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