



Is there any prevention?

- Following the mentioned instructions you can protect your child’s teeth.
- Using fluoride varnish.
- Consulting one of Pediatric dentist.



Oral Health Superintendent

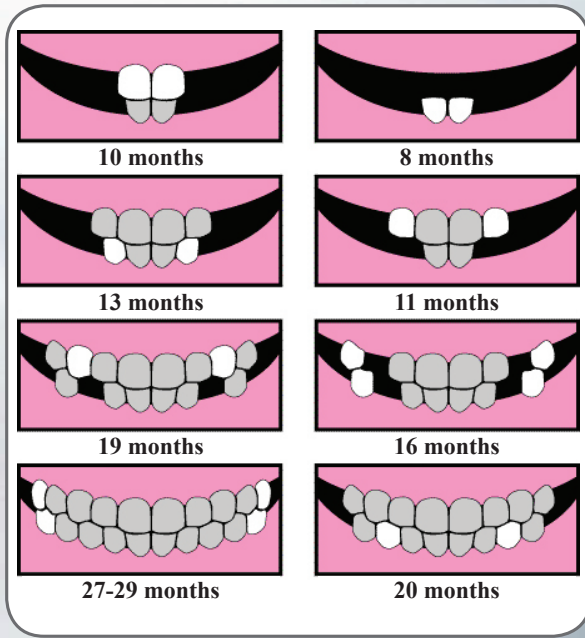


Ministry of Health
Dental Administration

Is your child at risk of tooth decay?

- Yes, if any of the family members has tooth decay.
- Yes, if you used to give him/her bottle containing milk or sweetened liquids at bed time.
- Yes, if he/she eats candies and sweets especially between meals.
- Yes, if he/she doesn’t maintain good oral hygiene.
- Yes, if there is white spot “decalcification” on one of his teeth.

Eruption times of primary teeth



Dear Parents!!!

Your guide to oral care



Oral Health Superintendent

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www.smile-mohkw.com

“Smile of a child” is the most cherished moment in the life of parents. Some children miss this smile due to tooth loss or decay in one of the front teeth.

We at School Oral Health Program (SOHP) make sure that all your children have Bright and Beautiful Smiles!!!

We hope that this information flyer helps you to understand and take appropriate care of your child’s oral health during early years so that you do not miss the lovely “Smile of your Child”.

0-6 months

Some children have primary incisors (Front Teeth) in the lower jaw.

During this stage mothers should:

- Know the eruption date of teeth.
- Avoid bottle feeding at bed time or during sleep.
- Avoid giving the child pacifier dipped in sugar or honey.
- Gently clean the gums and teeth present after feeding with a wet gauze.



7-11 months

Eruption of primary incisors in upper and lower jaws.

During this stage mother should:

- Introduce soft food into child's meals, and avoid added sugar.
- Encourage replacement of bottle by cup.
- Use a wet gauze to gently wipe the child's gums and teeth after each meal.
- Reduce/avoid the intake of sweetened liquids.
- Schedule for visiting the dentist in case of any tooth discoloration or white spots.

12-24 months:

Eruption of primary canines and first primary molars.

Mothers should:

- Avoid giving the child sweetened drinks.
- Give the child balanced healthy food like cereals, legumes, fruits, vegetables, fish, meat, chicken and milk.
- Plan for child's dental visit even without complaint or discoloration.
- Use suitable sized soft toothbrush to brush the child's teeth.



25-36 months:

Eruption of the second primary molars

Mothers should:

- Take the child to the dentist regularly.
- Encourage the tooth brushing habits using a pea sized Fluoridated toothpaste twice daily.
- Encourage the intake of healthy food.
- Replace the toothbrush when it's bristles worn out.