

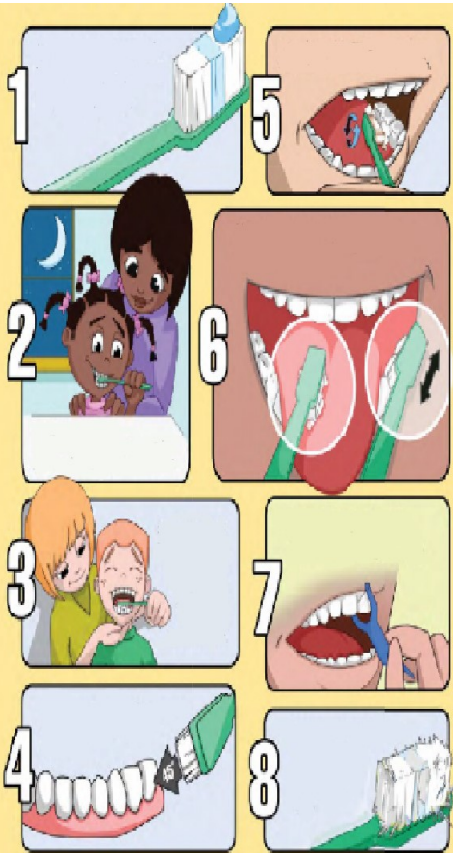
healthy baby teeth



mean healthy adult teeth



The steps for brushing your  
child's teeth:



**Northern Arizona University**  
**Department of Dental**  
**Hygiene**

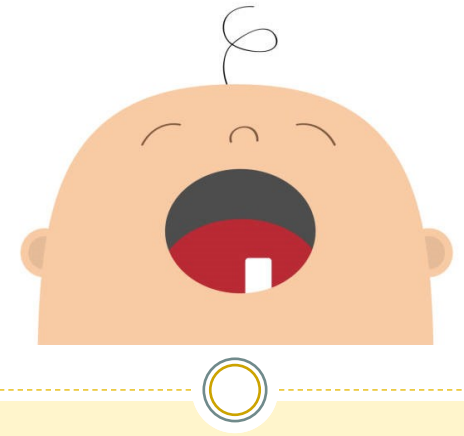
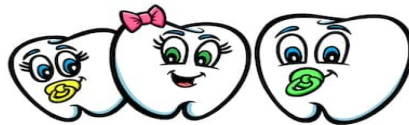
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### References

American Academy of Pediatrics. (2015). How to prevent tooth decay in your baby. Retrieved from <https://www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/How-to-Prevent-Tooth-Decay-in-Your-Baby.aspx>

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# Early Childhood Caries

"Give your child the gift of  
a smile"





A nutrient dense diet can aid in preventing tooth decay!

Best food and drink options:

- Fruits
- Vegetables
- Cheese
- Water

Try to limit or avoid:

- Sugary drinks
- Candies
- Fermentable carbohydrates

## HOW can it be prevented?

- Parents must take care of their own oral health to prevent spreading contagious bacteria to their children
- Avoid putting your child to bed with a bottle or pacifier
- Avoid sharing utensils with your child
- Talk to your pediatrician to establish a dental home for your child by age 1
- Help your child brush their teeth until the age of 7 when their fine motor skills are more developed
- Use fluoridated toothpaste when brushing your child's teeth as soon as they come in

Make oral hygiene fun!!



## WHAT is

### Early Childhood Caries?

- Most common chronic infectious disease in children
- **Common causes are :** bacteria; streptococcus mutans, poor diet, bottle feeding throughout the night, and poor oral hygiene

### Possible consequences:

- Extreme toothache
- Premature loss of baby teeth
- High risk of developing tooth decay in adult teeth
- Extensive and costly dental treatment

