

NOT A SINGLE CAVITY,
not even on my **deciduous teeth**





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To have beautiful teeth to show off a sparkling smile,
to keep good teeth to keep optimal health for a very long time...

a challenge that starts from the very first tooth!

Over the course of this brochure, you will discover the different steps and the evolution of your child's teeth
and little pieces of advice to keep them in good health from the very beginning.

Efficient brushing, from a young age, with an appropriate toothbrush and tooth paste for children,
good eating habits, and regular visits to the dentist,
here are some keys to excellent dental health.

Happy reading...



Tooth calendar...

Deciduous teeth



Between
6-12 months,
central incisors



Between
8-13 months,
lateral incisors



Between
16-23 months,
first molars



Between
8-13 months,
canines



Between
23-30 months,
second molars

Permanent teeth



Between 6-8 years,
central incisors
and first molars



Between 7-9 years,
lateral incisors



Between 9-12 years,
first and second
premolars



Between 10-12 years
canines



Between 11-13 years
second molars



From 17 years
wisdom teeth @

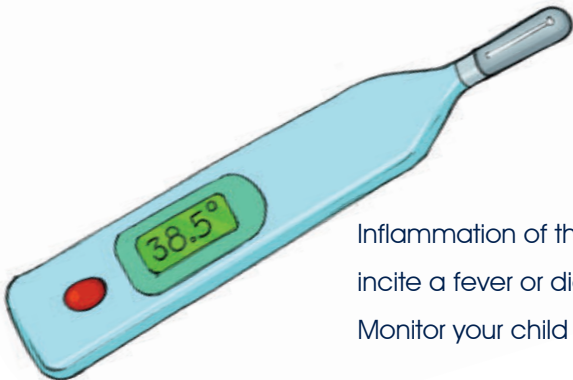
Teething...

Teething times can vary by a few months among children, bottom teeth generally appear before top teeth. Late teething is not a sign of poor health.



While a child is teething, the gums swell and, as a result, can be painful. The baby often wants to nibble. Give him/her a teething ring or massage the gums with your finger after having washed your hands.

Make sure especially not to cut the gums, it will increase the risk of infection !



Inflammation of the gums may occasionally incite a fever or diarrhea.

Monitor your child and if necessary, consult your doctor.



Why brush teeth as soon as they come in ?

Bacterial plaque develops on teeth as soon as they come in.

This plaque is a sticky layer that builds up continually on the teeth.

It is composed of food residue, saliva, and microbes.

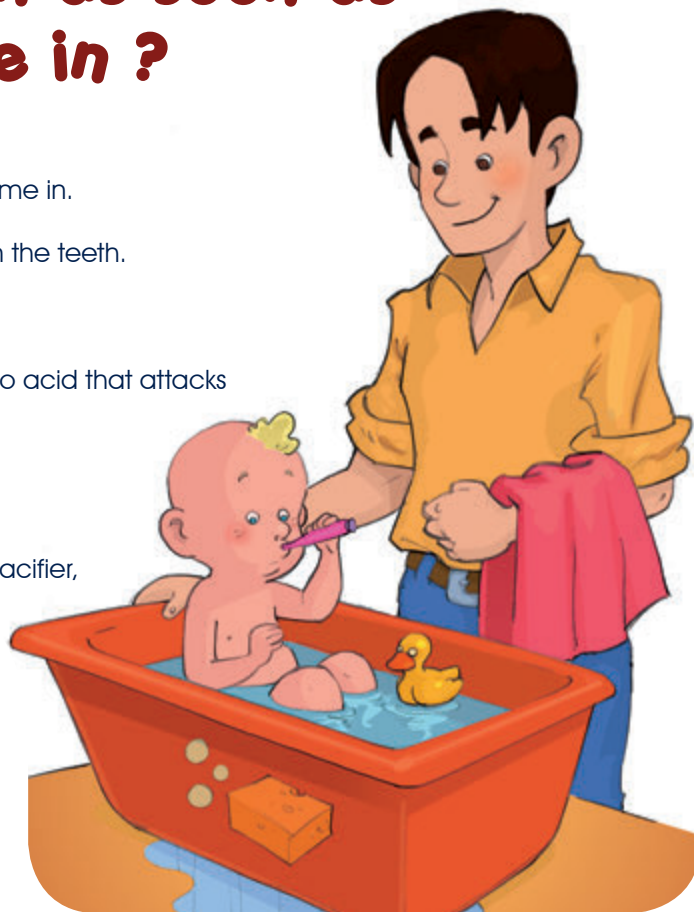
The latter two transform sugars present in the residue into acid that attacks the dental enamel; that is how cavities are formed.

Brushing serves to eliminate bacterial plaque.

Also, certain foods, inappropriate use of a bottle or a pacifier, or insufficient brushing increases the risk of cavities at an early age.

Good chewing habits, a healthy diet, and good dental hygiene can reinforce dental health.

As soon as the first teeth come in,
enforce good brushing habits with your child !



**During bath time,
you can help your child get used to
a tooth brush
by letting him/her nibble on it.**

Bottle syndrome... or early childhood tooth decay ?

What is bottle syndrome ?

Bottle syndrome is characterized by the appearance of premature cavities on the top incisors. It is most common in very young children between the ages of 18 months and 3 years. It can spread to all the other teeth.

What are the causes of bottle syndrome ?

Bottle syndrome is caused by frequent exposure of the teeth, for long period of time, to sugary liquids, including milk. Milk contains lactose, a sugar that, with prolonged or frequent contact with teeth, can lead to cavities.

How to recognize bottle syndrome ?

**Regularly examine your child's teeth
by lifting his/her upper lip to detect
the earliest stage of bottle syndrome !**



What are the difference stages of bottle syndrome ?

Stage 1 :

Teeth have a chalky appearance

Stage 2 :

Appearance of brown spots on teeth.

Teeth are partially damaged.



Stage 3 :

Brown or black teeth, with the loss of a part or the entirety of the crown (white part), leaving only the root visible at the edge of the gum.



What are the consequences of bottle syndrome ?



- Cavities, then disappearance of a part of the tooth, and finally an abscess which, worst case scenario, leads to extraction of the tooth (sometimes even under general anesthesia).
- Pains leading to a change in character, agitation, crying, and fatigue.
- Premature loss of deciduous teeth inhibits the proper positioning of permanent teeth and may necessitate braces.
- Aesthetic problems and possibility of psychological repercussions.
- Problems with pronunciation and language development.

**Bottle syndrome leads to dental treatments
that may be costly and traumatizing for a young child !**

How to avoid bottle syndrome ?

- Never let a child fall asleep with a bottle.
- Never calm a child by giving him/her a pacifier soaked in honey or jam or any other sugary product.
- Don't leave a child walking around at the time with a bottle that contains a sugar liquid. Instead, help your child get used to drinking water from a young age. .
- Regularly examine teeth.
- Maintain good dental hygiene.
- In case of a premature cavity, care may be given by the dentist to stop its development.

To avoid ...



Access to a bottle at every hour of the day and a habit of falling asleep while sucking a bottle.



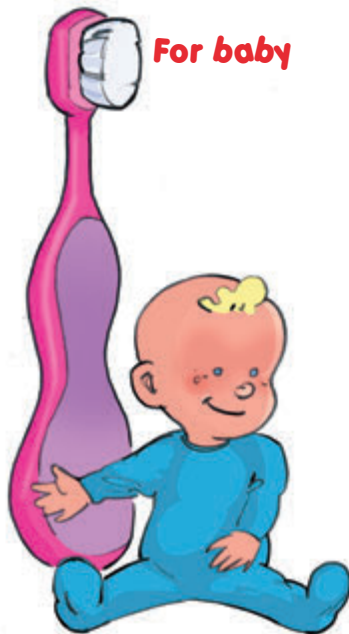
Transmission of bacteria from an adult mouth (by putting the teat of a bottle or a pacifier in your mouth or using the same spoon).



Frequent and prolonged sucking of bottles containing sweet drinks (fruit juices, milk, water with syrup...).

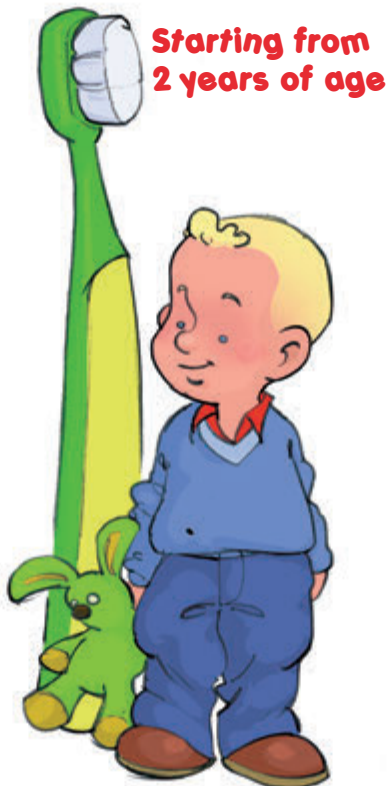


His/her toothbrush by age ...



For baby

As soon as his/her first teeth appear, encourage your child to brush his/her teeth using a small, supple toothbrush. Well adapted baby toothbrushes do exist.



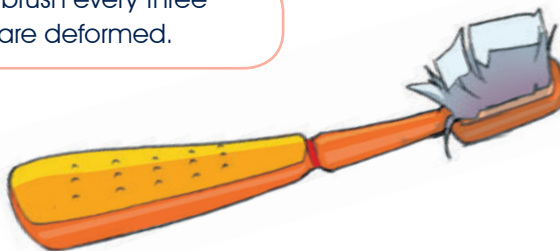
Starting from 2 years of age

For older children, choose a toothbrush according to his/her age. The size of the head of the toothbrush is important. If it is too big, it might be difficult to use. Children will hold toothbrushes supplied with a non-slip sleeve better.



6+ years

Change your child's toothbrush every three months or less if the hairs are deformed.



Which toothpaste to choose ?

Choose a toothpaste that contains the right amount of fluorine based on the age of your child.

This weak concentration strengthens dental enamel, preventing cavities while decreasing the risk of swallowing a significant quantity of fluorine.

Children older than 6 years who know how to regurgitate can use adult toothpaste.

These toothpastes are available in pharmacies or in supermarkets.

Choose those whose fluorine concentration is clearly mentioned on the label.

Fluorine contained in toothpaste is sufficient. An extra amount in the form of drops or pills is not necessary unless prescribed by a doctor.

AGE	CONCENTRATION OF FLUORINE	AMOUNT OF TOOTHPASTE
Before 2 years	500 - 1000 ppm	Size of a pea
Between 2-6 years	1000 - 1450 ppm	Size of a pea
After 6 years	1450 ppm	Length of 1-2 cm

Source : recommendation of the Superior Advisor of Health – Dec 2011

And how much ?

Before 2 years

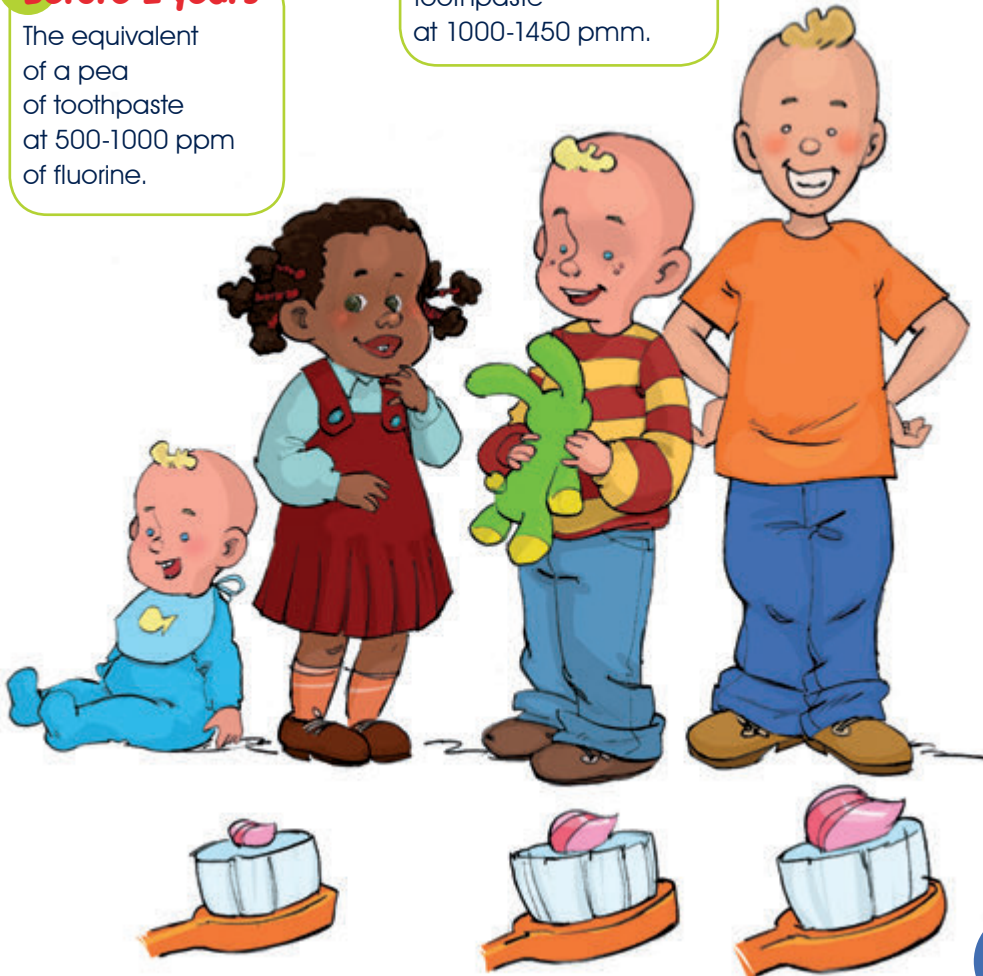
The equivalent of a pea of toothpaste at 500-1000 ppm of fluorine.

From 2 to 6 years

A pea of fluorinated toothpaste at 1000-1450 ppm.

Beyond 6 years

1 to 2 cm of toothpaste containing 1450 ppm of fluorine.

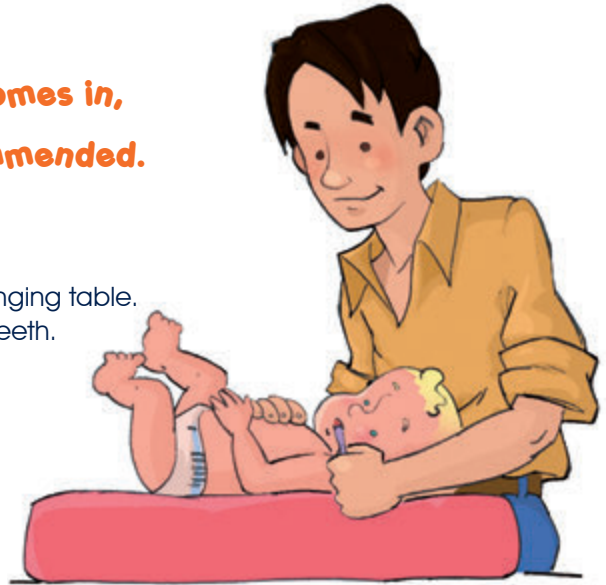


How to brush your child's teeth ?

*As soon as the first tooth comes in,
brushing twice a day is recommended.*

Baby

Lay the child down on your knees or on the baby-changing table.
Place yourself behind him to see his top and bottom teeth.
Brush his/her teeth.



After 1 year

Give him/her the tooth brush so he/she gets used to it while watching you brush your teeth.

Let him/her imitate you **at first**.

Then, conclude your child's brushing by placing yourself and your child in front of a mirror, standing behind him/her, in a position to see his/her mouth while pressing his/her head against you.



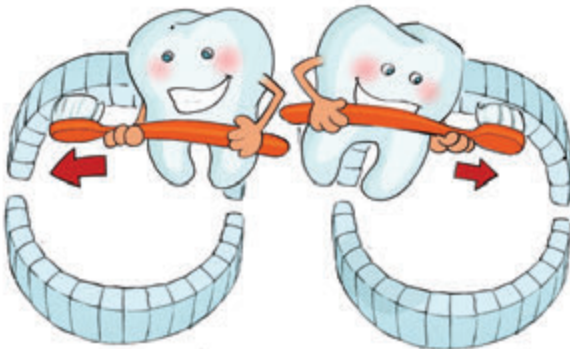
From 2 years of age

Brushing teeth for at least 2 minutes is recommended.

Help with brushing is necessary until at least 8 years of age, just checking to see if your child has brushed his/her teeth after that is fine.

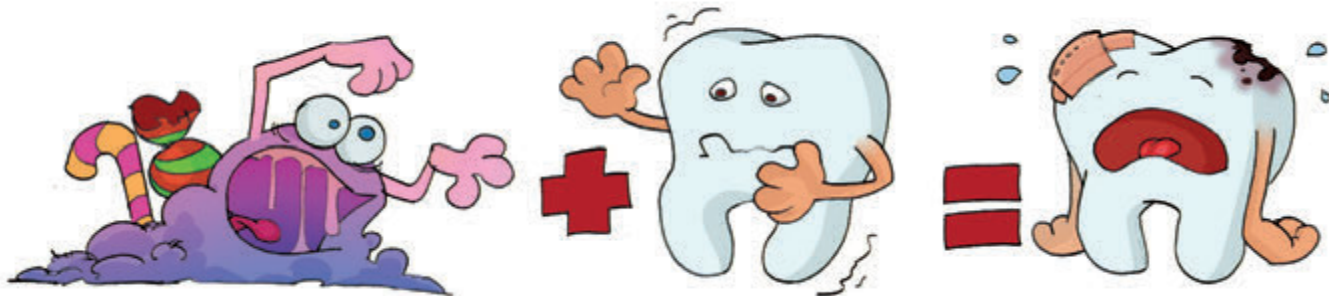
Brushing is only efficient if it happens on every part of the tooth : on top, in front, and behind.
Brush the top and the bottom teeth separately, one side and then the other!

Teach your child progressively to rinse his/her mouth and spit (this is rarely possible before 4-5 years of age)



To protect the teeth ...

Long and repeated contact of sugary foods with the tooth attacks its enamel and fosters the development of cavities.



- A balanced, varied diet without an excess of sugar and one that encourages the child to chew well remains the foundation of good dental and gum hygiene.
- Sugary foods can accompany a meal as a dessert, but not in excess. Avoid consuming them between meals (beware of dried fruits which are very sugary!). Also, a sugary food is, in general, a "sticky" food, it stays on the tooth longer and therefore risks accelerating the appearance of a cavity.
- When the child is thirsty, give him/her water in a cup without adding sugar (nor grenadine, syrup, sugary herbal tea, or a fruit box).
- Give your child time to get used to the natural flavors of foods, avoid adding sugar to them.
- Teach your child to neither eat nor drink fruity foods after having brushed his/her teeth.
- Even milk, if it stays in contact for a long time with the teeth (ex: "walking with a bottle" or a bottle to fall asleep) can cause cavities.

The thumb and the pacifier ...

For baby

The baby has a natural need to suck to eat but also, in many cases, to be comforted.

If your baby demonstrates a large need to suck, he/she will use either a pacifier or his/her thumb.

For the pacifier, give him/her a preference of flattened model, of good quality (not rubber in order to avoid an allergic reaction to latex).

After a year, try to stop using it.



**Do not put the pacifier in your mouth
to clean it (because you will transmit your
bacteria which may attack his/her teeth)
but instead run it under tap water.**



For the older child

progressively get him/her used to not using the pacifier except to sleep.

Without a pacifier during the day, he/she will more easily learn to speak.

As soon as possible, encourage him/her to definitively give up the pacifier or his/her thumb.

Sucking of the thumb or of a pacifier too long or too intensively can harm the normal development of the jaws and the positioning of the teeth leading to orthodontic treatments for aesthetic and functional reasons.



Abundant utilization of the pacifier can also cause pronunciation defects.

The visit to the dentist ...

The first preventative examination at the dentist takes place at the age of 2 years. This visit allows on one hand the child to meet the dentist and receive preventative advice, and on the other hand it allows the dentist to detect a cavity from the very beginning. Early treatment will lead to less severe and less painful consequences !

Of course, in case of doubt (emerging cavity, poor teething) or a problem (falling of the teeth), a visit before 2 years of age is quite possible and even recommended.

Even deciduous teeth must be taken care of !

Care **and** visits are **free** for children under 18 years of age (except orthodontic care).

To benefit from these funds,
certain conditions must be met :

1. The child is less than 18 years old ;
2. The dentist applies contracted fees.
Even a non-contracted dentist can apply contracted fees for a child.
To know if your dentist is contracted (authorized by the Social Security), don't hesitate to ask !

The following tours will take place every 6 months.

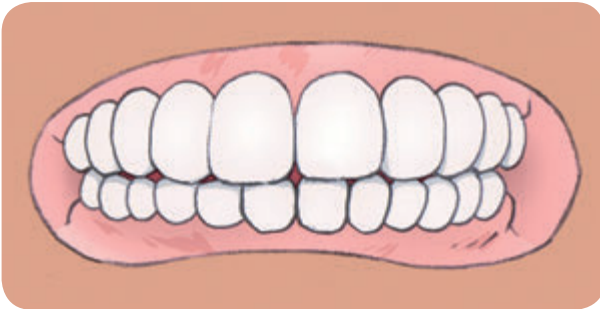
Make sure to get the results of the visit rewritten in your child's notebook ("carnet de l'enfant").



Nice is the dentist !

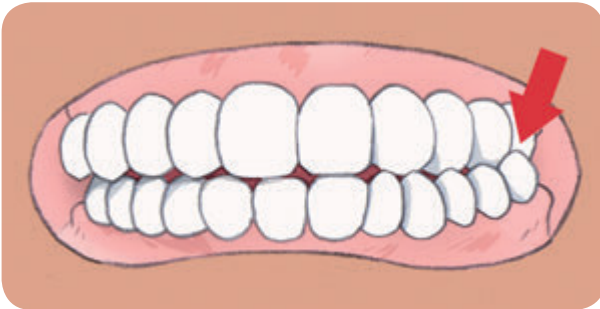
The position of the teeth ... how to see if there is a problem ?

Normally, the top teeth should cover the bottom teeth like a camembert box :



Good bite

And not like this, because of cross bite



Bad bite → **Consult
an orthodontist**

If the bite does not seem good to you, make sure you set up an appointment at the orthodontist ...

Likewise, if a gap between the teeth continues (often due to a the utilization of the thumb or a pacifier) :



**Gap between
top and bottom
teeth**



**Consult
an orthodontist**

Or if there is space between the top and bottom teeth (side-view) = maxillary retrognathism or overbite :



**Recession of the inferior
jaw compared to the
superior jaw**



**Consult
an orthodontist**



The high position of the tongue (against the palate) is indispensable to the harmonious development of the face of the child. Sucking of the thumb or of a pacifier inhibits this position.

A child who does not chew well (because of poor dental positioning like the cross-bite p.20) or one that poorly positions his/her tongue risks having poor jaw growth with repercussions on breathing, sleep, the middle ear (serous otis media or middle ear fluid), language (pronunciation problems) and dental position (with the appearance of cavities in overlapping zones inaccessible to brushing).

What fosters good dental positioning :

- Breastfeeding (ideally for at least 6 months).
- Avoiding thumb-sucking (prefer a pacifier if the baby needs to suck and progressively limit its use for when the child is falling asleep).
- A raw diet (that makes the child chew) as soon as possible (raw fruits and vegetables..) ensuring that the child chews well from both sides.
- Always a clear nose : teach your child how to blow his/her nose as soon as possible, in the meantime clean his/her nose with saline solution. If it stays blocked despite this care, talk about it to your doctor.

Did you know that ...

Certain poor dental positions can be healed at a young age, thus avoiding more severe treatments at a later age !



Conclusion : *the secrets of good dental hygiene*



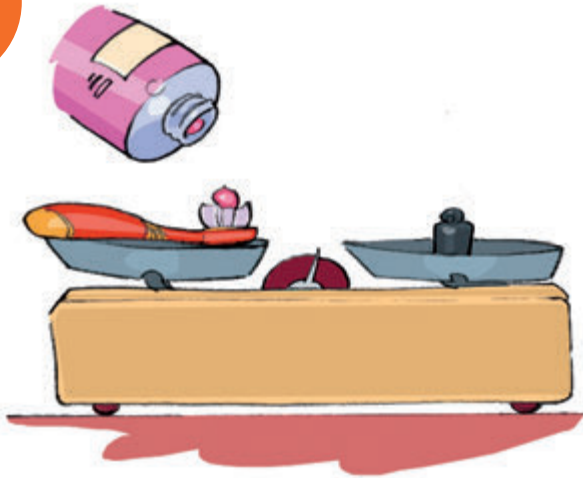
Brushing 2 times a day
as soon as teeth come in.

No prolonged sucking
or frequent bottles
containing sugary drinks
or milk.



Balanced diet without
snacking or unnecessary
sugars and a good
mastication (chewing).





Fluorinated toothpaste in the right quantity.



Regular dental exams
by the parents.



Regular visits to the dentist
from 2 years.

Notes

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Avec le soutien de la Fédération Wallonie-Bruxelles
et de la Loterie Nationale