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How does a CAVITY form?

CARBOHYDRATES (starches and sugars) + Bacteria (from plaque) = ACID

ACID + HEALTHY TOOTH = CAVITY!!!
Early Childhood Caries

- Normal Healthy Primary Teeth
- Chalky White Spots
- Brown Spots
- Severe Decay
Primary Tooth Development

Upper Teeth
- Central incisor: Erupt 8-12 mos., Shed 6-7 yrs.
- Canine (cuspid): Erupt 16-22 mos., Shed 10-12 yrs.

Lower Teeth
- First molar: Erupt 14-18 mos., Shed 9-11 yrs.
- Canine (cuspid): Erupt 17-23 mos., Shed 9-12 yrs.
- Lateral incisor: Erupt 10-16 mos., Shed 7-8 yrs.
- Central incisor: Erupt 6-10 mos., Shed 6-7 yrs.
Abscess on Tooth
Avoid Sharing:

- Pacifiers
- Straws
- Utensils
- Cups
**AAP Juice Recommendation**

Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

<table>
<thead>
<tr>
<th>Age:</th>
<th>Recommendation:</th>
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</thead>
<tbody>
<tr>
<td>Younger than 12 months</td>
<td>Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefit at this age.</td>
</tr>
<tr>
<td>1 to 3 years</td>
<td>Limit fruit juice to a maximum of 4 ounces per day (½ cup). Do not allow your child to carry a cup or box of juice throughout the day.</td>
</tr>
<tr>
<td>4 to 6 years</td>
<td>Limit fruit juice to a maximum of 4 to 6 ounces per day (½ cup to ¾ cup). Do not allow your child to carry a cup or box of juice throughout the day.</td>
</tr>
<tr>
<td>7 to 18 years</td>
<td>Limit juices to 8 ounces per day (1 cup).</td>
</tr>
</tbody>
</table>
How Much Sugar is in Your Drink?

<table>
<thead>
<tr>
<th>Drink</th>
<th>Sugar Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 ounces</td>
<td>15.2 ounces</td>
</tr>
<tr>
<td>12 ounces</td>
<td>32 ounces</td>
</tr>
<tr>
<td>14 ounces</td>
<td>14 ounces</td>
</tr>
<tr>
<td>8 ounces</td>
<td></td>
</tr>
</tbody>
</table>
*1 Serving = ¾ cup to 1 cup
Avoid Sticky Chewy Candy
Bottles and Sippy Cups

• Only water to bed

• No more than 4 oz. of juice a day

• Only juice/milk at meal time

Stop using by age 1

Stop using by age 2

Introduce cups by age 2
Tips for Tooth Brushing

Wipe babies gums with damp cloth

Help your child brush his/her teeth

Modeling is key

Make it fun

2 MINUTES

2 TIMES PER DAY
Types of Toothpaste

Avoid Using Training Toothpastes

Use Fluoride Toothpaste/Cavity Protection
Fluoride Cavity Protection Available in many Forms

Fluoride Varnish

Fluoridated Water

Fluoridated Toothpaste

Fluoride Rinse
How Much Toothpaste?

1- 3 years rice size  
3+ years pea size
Dental Care during Pregnancy is Safe and Important

4 Ways Expectant Mothers can give their Newborn a Healthy Start:

• Make and keep regular dental appointments

• Brush with fluoride toothpaste at least twice a day

• Drink fluoridated tap water every day

• Talk to a dentist or doctor about ways to prevent or manage dental problems
See a Dentist by Age 1
References

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Page 5. – Tooth eruption chart: Source - American Dental Association

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