

Mouth care for your toddler

- Use a child's toothbrush with a grain of rice-sized amount of fluoride toothpaste; by age 3, increase to a pea-sized amount of toothpaste.
- Position your toddler so you can see into the mouth.
- Have an adult brush twice a day, after breakfast and before bedtime making it part of your daily routine.
- Flossing can be introduced, especially if teeth are touching.
- For more information see *Toddler's First Steps*.



Contact your Allied Health Dental staff

Cranbrook	Tel	(250) 420-2200
	T/F	1-888-426-7566
Kamloops	Tel	(250) 851-7300
	T/F	1-866-847-4372
Kelowna	Tel	(250) 469-7070
	Tel	(250) 505-7200
Nelson	Tel	(250) 505-7200
	T/F	1-877-221-3388
Penticton	Tel	(250) 770-3434
	Tel	(250) 833-4100
Salmon Arm	Tel	(250) 833-4100
	Tel	(250) 364-6219
Trail	Tel	(250) 364-6219
	T/F	1-888-364-0517
Vernon	Tel	(250) 549-5700
	T/F	1-888-824-3393
West Kelowna	Tel	(250) 980-5150
	Tel	(250) 302-5000
Williams Lake	Tel	(250) 302-5000
	T/F	1-888-702-7771



Interior Health

Toddler's Teeth

(and beyond)

18 Month Visit



How cavities form

The Cavity Equation

- Your mouth has bacteria that stick to teeth.
- The bacteria mix with food or drink to make...
- ACID, which breaks down tooth enamel;
- This is called an **acid attack**
- The first signs of damage are white spots along the gumline.
- Frequent acid attacks result in cavities.

Cavities (tooth decay) are a preventable disease.



Toddlers

Grazing and Sipping

- Avoid eating and drinking (nibbling, snacking or sipping) for long periods of time.
- This increases the risk of cavities because the Cavity Equation continues for as long as they are eating or drinking.
- Offer meals and snacks for a set period of time.
- Offer only water between meals.

Pacifiers and thumb sucking

- It is normal for babies to suck because it helps them relax. By 2 to 3 years of age the child has less need to suck.
- It is better to use soothers than thumbs or fingers.
- It is best to get your child to stop sucking before permanent teeth come in.



Preschool Age

The dental home is the ongoing relationship between the dentist and your family

- You will learn the best ways to keep your child's teeth healthy.
- They can find problems early and fix them.
- Your child will learn that the dental experience can be enjoyable and helps prevent cavities.
- Broken teeth or teeth that are infected can hurt your child's health and the way your child feels about him or herself.

Tooth decay is a serious disease that can permanently damage your child's teeth, but it CAN be prevented.

