#### Oral Health for Infants, Children and Adolescents





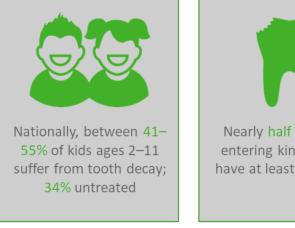
Shayna Capen, RDH, BSDH Dental Care Specialist

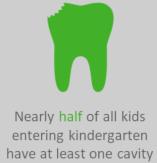
Delta Dental of Michigan, Ohio, and Indiana

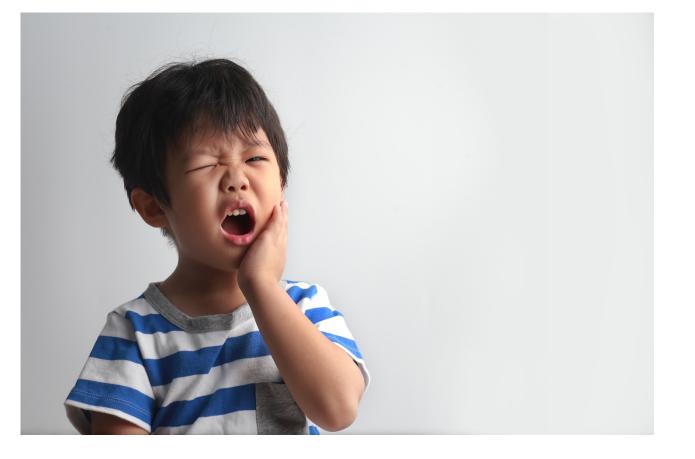
**A DELTA DENTAL** 

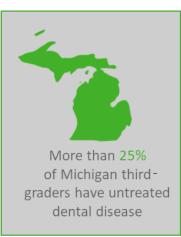
### Welcome!

### Did You Know That Tooth Decay Is the Most Common Chronic Childhood Disease in the U.S.?









"Incidence of tooth decay is **4 times** more common among adolescents aged 14 to 17 years than asthma."

-Centers for Disease Control

### Chew On This

# Good oral health is connected to school success

- 51 million hours of missed school yearly
- Absent students miss critical instruction time
- Students who don't read at grade level are more likely to drop out
- Students who have had recent oral health pain are four times more likely to have lower GPAs



#### What Can We Do About It?

### Oral Health Begins at Birth!

#### Healthy mouth = healthy child

- Keep the newborn's mouth clean
  - Before teeth erupt, use a washcloth to wipe the gums
  - Once the first tooth appears,
    brush with a soft toothbrush
  - Visit a dentist by age 1 for an oral exam



### Baby Teeth are Important

- Children will develop 20 baby teeth
  - First tooth appears around6 months of age
  - Last baby tooth is shed around12 years of age
- Baby teeth serve as a placeholder for adult teeth
- Help children chew their food and speak clearly



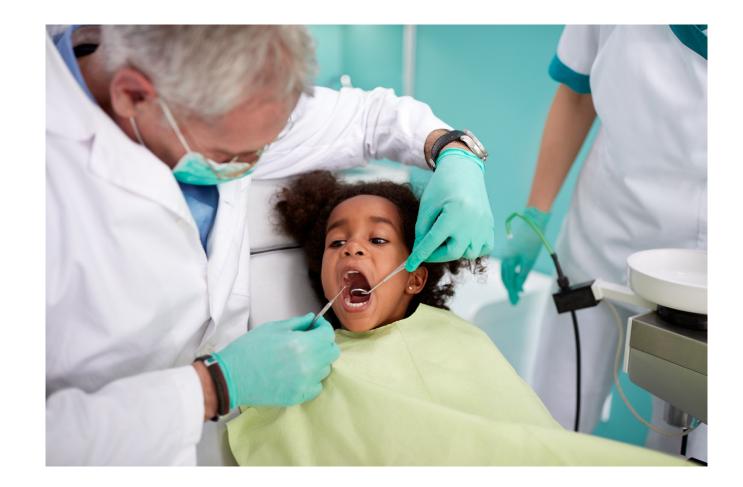
#### Establish a Dental Home by Age 1

- Dental assessment
  - -Evaluate the mouth and soft tissue
  - -Evaluate the teeth and growth patterns
- Apply fluoride varnish as appropriate
- Help children become comfortable in the dental setting



#### Preventive Services for Ages 2 and Older

- Dental cleaning
- Dental exam
- Fluoride varnish application
- Dental X-rays
- Dental sealants on first and second molars



#### What are Dental Sealants?

- Thin, protective coating (made from plastic or other dental material)
- Used as a safety net to help keep teeth clean
- Applied to biting surface on teeth with deep pits and grooves
- Applied on the first and second molars
  - -First molars around 6 years old
  - -Second molars around 12 years old



#### Prevention Tips for Early On

- Prevent baby bottle decay
- Reduce the risk of spreading germs
- Monitor use of pacifiers and thumb-sucking
- Help establish good oral health habits



#### Things to Keep in Mind as Your Child Grows

- Introduce sippy cup by 6 months of age
- Stop bottle use by 12 months of age
- No bottles or sippy cups in bed
- No juice in the first year of life
- Healthy snack choices to promote a lifetime of healthy snack habits



#### Treat Decay, Right Away!

- When decay is diagnosed, return to your dental office for the recommended treatment as soon as possible
- A study of 2005 data from Iowa found 56–65% of children in foster care had a diagnostic or preventive dental visit
  - -Only 6% received a restorative visit



#### Handling Behavior Problems

- If behavioral issues are a concern:
  - Model behavior at the dentist prior to the child having their own visit
  - Let child watch you, grandma, grandpa or other adult
  - -Talk about what to anticipate
  - -Use positive language
  - Seek pediatric dentist
    when appropriate



#### Good Dental Habits

- Brush your teeth twice a day
- Floss your teeth once a day
- Daily fluoride mouthwash
- Change your toothbrush every 3–4 months
- Never share your toothbrush with others
- Always use a soft-bristled toothbrush



#### Getting Kids Interested in Their Teeth

- Make brushing routines fun
  - -Sticker charts and sand timers
  - -Electric toothbrushes
- Model positive behavior
  - Brush/floss your own teeth with your children
  - -Talk about importance of teeth



#### Negative Oral Health Behaviors

- Behaviors that adversely affect oral health:
  - -Lack of oral hygiene
  - -Poor dietary habits
  - -Thumb/finger sucking
  - -Holding/storing food in the mouth
  - -Chewing on nonedible items
  - -Nail-biting
  - -Clenching/grinding teeth



#### Teens and Adolescents

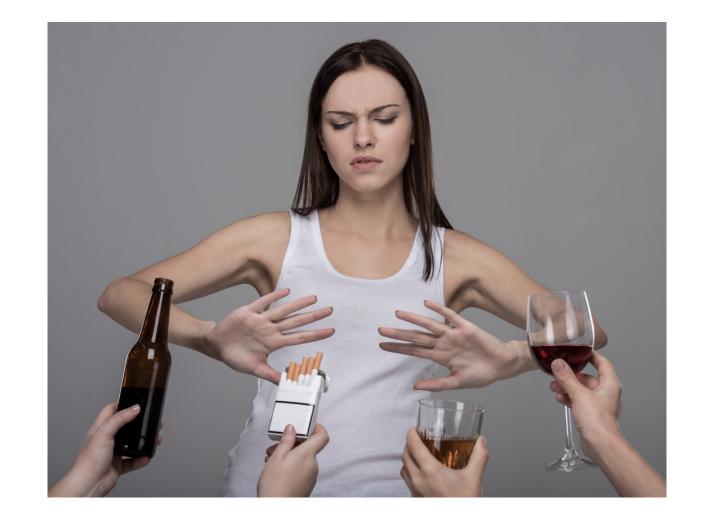
- Risk of gum disease
- Gingivitis
  - -Inflammation
  - -Redness
  - -Bleeds and tender to brush
  - Caused by buildup of bacteria
  - -Can be hormone-induced
  - Sign to brush and floss more often



#### Be Smile Smart!

Know the risks:

- Oral piercings
- Oral cancer
  - -Tobacco
  - -Alcohol



#### Oral Health Begins With Overall Health

Help children make healthy food and beverage choices



#### Rethink Your Drink

#### **Choose Water**

Let's not sugarcoat it!

- Drinking pop nearly doubles
  risk of cavities in kids
- One 12-oz. soda pop per day increases a child's chances for obesity by 60%
- People who drink 1–2 cans of soda pop per day have a 26% greater risk of Type 2 diabetes



SO, DON'T LET THEM DRINK THAT POP.



#### Closing Thoughts...

Children can be especially impressionable during this stage in their life

You have so much power to make a positive impact on them

Make the most of it!



## Thank You!

Questions?