

Protect Your Child's Smile



Infants



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Breastfeeding and Your Infant's Dental Health

Breastfeeding is recommended as the best way to feed your infant. It provides your infant with what he/she needs to grow and develop and remain healthy throughout life.

Protecting your infant's gums and teeth...

- After teeth come in, do not allow your infant to sleep with the breast in his or her mouth.
- Do not use breastfeeding as a pacifier.
- Wipe your infant's gums and teeth with a clean cloth or gauze morning and night. As more teeth come in, begin a brushing routine using water.
- Look for white or brown spots on both sides of the teeth. Contact a dentist if needed.
- Schedule that first dental visit by the time your child turns 1 year old.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Why Should I Worry About Taking Care of Baby Teeth?

- Babies and toddlers need healthy teeth for chewing. Poor dental health can affect what your baby is able to eat.
- Babies and toddlers are learning to say words. Teeth play a role in speech development.
- Baby teeth hold the place for the adult teeth.
- Baby teeth lost early because of tooth decay can cause crowding of the adult teeth.
- Decayed baby teeth can lead to pain and infection, affecting your baby's ability to learn.

How Can I Protect My Child's Baby Teeth?

- Get in the habit of regularly wiping down gums and teeth.
- As more teeth come in, begin a brushing routine using water.
- Limit sugary foods and drinks.
- Do not put your baby down with a bottle filled with milk or formula.
- Do not let baby nurse continuously.
- Schedule the first dental visit by the time your child turns 1 year old.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Your Child Can Get Cavities From You...

Did you know?

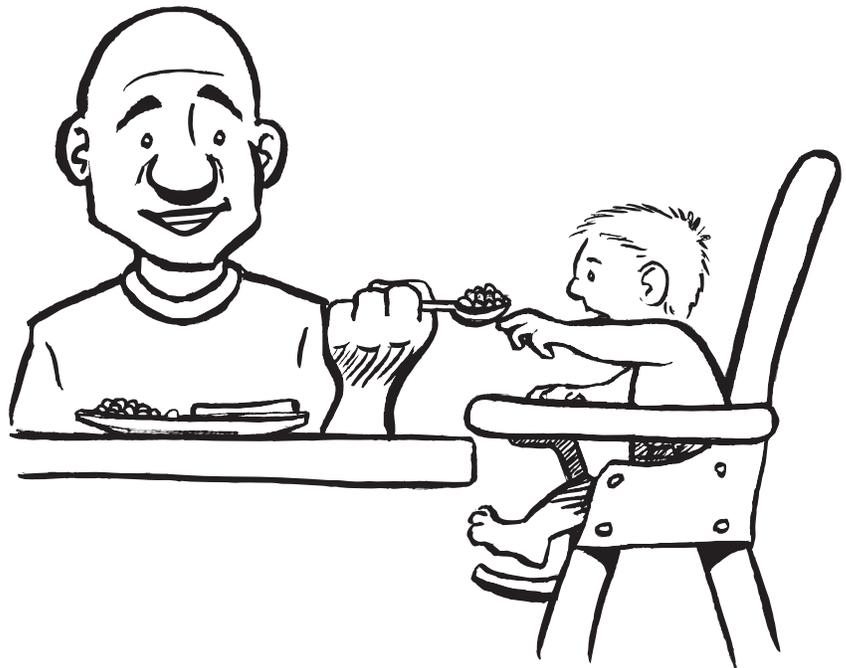
Cavity-causing germs can be passed from person to person.

Have you ever...

- Shared a spoon or cup with your child?
- Bitten off food, then given it to your child?
- Tried to clean a pacifier that has fallen on the ground by placing it in your mouth?
- Tested your child's bottle by placing it in your mouth?
- Kissed your child directly on the mouth?

How can you prevent the spread of cavities to your child?

Limit mouth to mouth contact by not sharing food or eating utensils.
Do not place objects in your mouth and then in your infant's mouth.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Teething

When to Expect Teeth to Appear

- Teeth can begin to come in as early as 6 months and as late as 12 months of age.
- The lower two front teeth are usually the first to appear.
- The diagram below shows when teeth come in. Usually teeth come in every few months, in right and left pairs alternating between the upper and lower jaws, and proceeding from the front of the mouth to the back.
- Every child is different. Do not worry if some teeth are a few months early or late.
- By age 3, all 20 baby teeth should be present.

What to Expect When Your Child is Teething

Common signs of teething include:

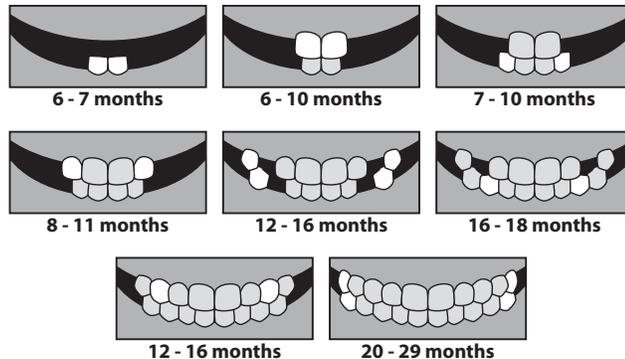
- Discomfort, restlessness, irritability, loss of appetite, and waking during the night.
- Chewing on toys and fingers is very common.
- The amount of saliva may increase, causing your child to drool more and cough as baby tries to clear his/her throat.

Soothing Your Infant While Teething

Give your child chewing objects such as a

- Cold, wet washcloth.
- Hard, solid teething ring.

It is not recommended that you give him an over-the-counter numbing medication.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Smile Check

When Teeth Begin to Appear...

Parents/caregivers should begin checking their child's mouth about once a month as soon as teeth begin to appear. This early check will alert the parent of any possible problems. Checking the mouth regularly will also help a child become more comfortable having their mouths and teeth checked.

Tips on Checking Your Child's Mouth...

- Wash your hands before you begin.
- Lift your child's upper lip.
- Look at their gums and teeth.
- Try to examine the inside and outside of the tooth surface.
- As baby gets older check back teeth.
- Early decay may appear as white or brown spots.
- Contact your dentist if you notice any problems.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Caring for Your Infant's Teeth

After Teeth Begin to Arrive

- Continue wiping your child's gums, cheeks, tongue and teeth until teeth appear.
- When teeth arrive, begin using a soft bristle, child-sized toothbrush and water.
- Ask your dentist if you need to use a small amount of toothpaste with fluoride. Fluoride prevents cavities and makes teeth stronger.

Tips for Brushing Your Infant's Teeth

- Choose a time after feeding when your infant is not fussy or overly tired.
- Cradle your infant's head with one arm and wipe or brush with the opposite hand.
- Place your infant on a changing table, bed, floor or lap.
- Sing, talk and smile with your infant while cleaning their teeth.
- Brush your baby's teeth two to three times a day, preferably after eating. Brushing before bed is most important. Remember not to give your baby anything to eat or drink (except water) after brushing at night.
- Be an example; allow your infant to watch you brush your teeth. This helps teach the importance of good oral hygiene.

A song to share.... Brush, Brush, Brush Your Teeth Sung to: Row, Row Row Your Boat

Original Author Unknown

*Brush, brush,
brush your teeth.
At least two times a day.
Cleaning, cleaning,
cleaning, cleaning
Fighting tooth decay.*

*Floss, floss,
floss your teeth.
Every single day.
Gently, gently,
gently, gently,
Whisking plaque away.*

*Rinse, rinse,
rinse your teeth
Every single day.
Swishing, swishing,
swishing, swishing
Fighting tooth decay.*



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



The Bottle and Your Infant's Dental Health

Fact:

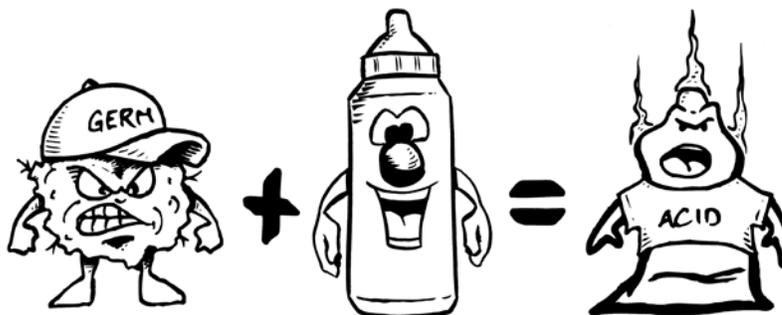
Using a bottle incorrectly can cause tooth decay.

How?

Liquids such as formula and even breast milk contain sugar. These liquids combine with the germs in a baby's mouth and create an acid. The acid breaks down the tooth and over time can cause tooth decay.

A Few Things To Remember

- Do not use a bottle to calm an infant or to put an infant to bed. Instead of a bottle...
 - Give the infant a favorite blanket or toy.
 - Offer the infant a clean pacifier.
 - Hold, pat, or rock the infant.
 - Read to the infant.
 - Softly talk or sing to the infant.
- Avoid using the bottle as a pacifier.
- Use only formula, breast milk or water in the bottle.
- Hold your baby while feeding.
- Do not add cereal to a bottle. This can lead to tooth decay.
- As an infant begins to eat more solid foods and drink from a cup, he can be weaned from the bottle. Wean the infant gradually at about 9 to 10 months. By 12 to 14 months, most infants can drink from a cup.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Toothbrushes and Toothpaste for Toddlers

As soon as your child has a few teeth, he should have his very own soft bristled toothbrush.

When choosing a toothbrush for your child

- Soft bristles clean the teeth better.
- Choose smaller, child-sized toothbrush heads with large handles. In addition to being more comfortable, children's toothbrushes come in a variety of colors and patterns that young children like.
- Replace toothbrushes every three to four months, or sooner if your child chews on her toothbrush or has been sick.

Hints for choosing and using toothpaste

- A smear of toothpaste is recommended for children ages 2-5. The toothpaste should be applied by the parent and lightly spread along the head of the brush.
- Children's toothpaste contains the same amount of fluoride as adult toothpaste, so the amount of toothpaste must be carefully controlled and kept out of reach after brushing.
- Using too much toothpaste can lead to "fluorosis"—a staining of the teeth.

How to make brushing easier...

- Brush your child's teeth with your child lying down.
- Put your child's head on your lap or on the floor, keeping it steady with your legs.
- If your child is standing, have his back to you with his head tilted slightly and resting against your body.
- Have your child stand in front of the bathroom mirror while you brush his teeth, so your child can see what is being done.
- Let your child see you brushing your teeth.
- Create a toothbrushing routine...after breakfast and before bedtime.
- Make it fun...sing songs, make funny faces, use a tooth timer.

Two minutes of tooth time two times a day!

Note: A parent should help a child brush their teeth until at least age 7 or 8... until a child can easily tie their own shoes!



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Making Dental Visits Easier

- Try to make the appointment when your child is not too tired, like early in the morning or after a nap.
- Before the visit, talk to the dental staff about what to expect at the appointment.
- When talking with your child, say positive things about going to the dentist. Do not use words like "hurt," "pain," or "scared."
- Before the visit, read a book about going to the dentist to your child. A suggested book for toddlers is "Freddie Visits the Dentist", by Nicola Smee and the Usborne First Experiences book, "Going to the Dentist" by Anne Civardi.
- Talk to your child about what to expect, and build excitement as well as understanding about the upcoming visit.
- Understand that very young children may be fussy, frightened and may not sit still. This is normal. Be patient.
- For children under 2 years old, the parent may need to sit in the dental chair and hold the child during the check up.
- For older children, it may be helpful to take your child to the dental office before the appointment to familiarize them with the setting.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Healthy Eating Habits for Good Overall Health

Between 6 and 12 months...

- infants master chewing.
- they can swallow and handle finger foods.
- they begin to use cups and utensils and try foods with different tastes and textures.

**Note that infants with special health care needs may have feeding challenges. Parents should seek support from their medical provider.*

Once your infant is eating solids...

- Give your child several small meals and snacks each day based on the recommendations of your pediatrician.
- Encourage healthy eating by introducing a variety of fruits, vegetables, whole grains and dairy products.
- Limit sugary foods and drinks.
- Do not let your child constantly sip milk or other sweet liquids throughout the day. Provide it at meal and snack times only.
- Limit the amount of juice you give your child. Try diluting it with water.
- Serve juice in a cup, never a bottle and only give 4 to 6 ounces of juice each day.
- Try not to use food as a reward for good behavior.

Prevent Choking

Choking can be a problem for infants because they may not have enough muscle control to chew and swallow foods properly.

Infants should not eat

- foods that are small or slippery such as hard candies, whole grapes, or hot dogs.
- foods that are dry and difficult to chew such as popcorn, raw carrots, or nuts.
- foods that are sticky or tough to break apart such as peanut butter, or large chunks of meat.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Facts About Milk and Juice

MILK

Facts

- The calcium in milk helps keep teeth and bones strong.
- Milk does contain sugar, so teeth should be brushed after drinking.
- Mouths should be rinsed with water when a toothbrush is not available.

How to drink milk in a healthy way

- Toddlers need milk, but they should never be put to bed with a cup or a bottle filled with milk.
- Toddlers should not be allowed to drink milk all day long.
- Serve milk with meals.
- Toddlers should drink about 16 ounces of milk a day (approximately four half-cup servings).



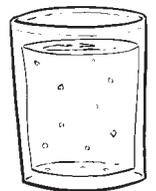
JUICE

Facts

- 100 percent fruit juice can be good for your child.
- Fruit juice has natural sugars that can lead to decay if your child drinks too much of it.

How to use juice in a healthy way

- Wait until your child is at least 6 months old before giving him juice.
- Serve juice in a cup, never a bottle.
- Give only 4 to 6 ounces of juice each day.
- Dilute the juice by adding water.
- Encourage your child to eat fruit rather than drink fruit juice.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Infants/Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Sippy Cups

What is a sippy cup?

- It is a training cup with a lid and a spout or straw that helps your child drink without spilling.

Facts about sippy cups...

- A sippy cup is a great way to transition your child from bottle feeding to regular feeding.
- It helps improve hand-to-mouth skills and gives your child more independence.
- Most children are ready to use a sippy cup around 7 to 9 months of age.
- It is important to remember that just like baby bottles, sippy cups allow liquids to collect behind the front teeth. When children are drinking sweet liquids such as milk or juice frequently, tooth decay can result.

Use sippy cups in a healthy way...

- Start with a soft spout (it will feel more like a bottle nipple) rather than a hard plastic spout.
- Try to only use a sippy cup during mealtimes. If one is used between meals, it should only contain water.
- Throw away sippy cups after 6 months of use.
- A sippy cup should not be used as a pacifier and should not be carried around by your child—injury to the mouth could occur if the child fell.
- When possible, children over 18 months of age should be encouraged to use a small plastic cup without a lid.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Is Your Home Safe? Preventing Dental Injuries in the Home

- **Do you have safety locks on your cabinets?** Children may eat medicines or poisons.
- **Are all cords kept out of reach, including appliances and blind and drapery cords?** Small children may chew on cords leading to electric shock or damaged teeth. They can also strangle themselves with cords.
- **Do you have safety gates placed at the top and bottom of stairs?** Children can fall down stairs and hurt their mouths and teeth.
- **Are play areas safe? Is the equipment well-maintained and appropriate for the age of your child?** Children can fall off playground equipment and hurt their mouths and teeth.
- **Is your child playing with toys that are appropriate for their age and stage of development?** Toys with small parts can choke your child, break his teeth, or get stuck in noses and ears.
- **Do you tell your child not to put things in his mouth?** Things in your child's mouth can cause choking or break his teeth.
- **Do you watch your child when she is eating or playing?** Watch your child to make sure she doesn't do anything that can hurt her.
- **Is your child strapped into a high chair or booster seat when eating?** Children can fall out of high chairs and booster seats and hurt their mouths and teeth.
- **Do you let your child walk around the house with sippy cups or popsicles?** Children can fall and hurt themselves with the cup spouts or popsicle sticks.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Toddlers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



How to Make Toothbrushing Fun!

- Take your child to the store and let him pick out a few toothbrushes in his favorite color or with his favorite characters. When brushing his teeth, give him a choice of which toothbrush he wants to use. This will help motivate him to brush.
- Let your child brush her teeth at the same time you are brushing your teeth.
- Create a "toothbrushing routine." The routine can include playing music, getting things set up, and using a favorite cup for rinsing. Try and stick to the same routine every day.
- Let your child brush his own teeth first, then you should brush them again. Encourage your child to spit out the toothpaste after brushing.
- Keep in mind that most "children's toothpaste" brands are fluoridated. You should only use a very small amount—a small smear of toothpaste. Swallowing too much toothpaste with fluoride can lead to staining of the teeth (fluorosis).

Sparkle Sung to: Twinkle, Twinkle Little Star

Original Author Unknown

*Sparkle, sparkle little teeth
Some above and some beneath.
Brush them all at every meal,
Clean and fresh they will
always feel.*

*Sparkle, sparkle little teeth
Some above and some beneath
Snacking, snacking, it's okay.
Try it in the proper way.
Eat raw veggies, fruit and cheese.
They will make your mouth
say, "Please!"*

*Snacking, snacking, it's okay.
Try it in the proper way.
Floss them, floss them, in between
Cavities will not be seen!
See your dentist twice a year,
You will grin from ear to ear*

*Floss them, floss them, in between
Cavities will not be seen!*



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Preschoolers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Choosing the Right Toothbrush and Toothpaste for Your Preschooler

Guidelines for choosing a toothbrush for your child

- Choose smaller, child-sized toothbrush heads with large handles. These are more comfortable.
- Look for a brush with soft bristles that will not hurt gums.
- Change toothbrushes every three to four months, or sooner if your child chews on his toothbrush or has been sick.
- Children should have their very own toothbrush. They may enjoy picking toothbrushes out themselves.
- Parents should assist children with brushing their teeth until at least age 7 and until you feel comfortable that they are brushing all of their teeth including the teeth that are difficult to reach.

Selecting and Using Toothpaste

- Control the amount of toothpaste that you use and keep it out of children's reach. Children's toothpaste contains the same amount of fluoride as adult toothpaste.
- Using too much toothpaste can lead to "fluorosis"—a staining of the teeth.
- A smear of toothpaste is recommended for children 2-5 years old. The toothpaste should be applied by the parent and spread along the head of the brush.



Good toothbrush



Time to get a new toothbrush



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Preschoolers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

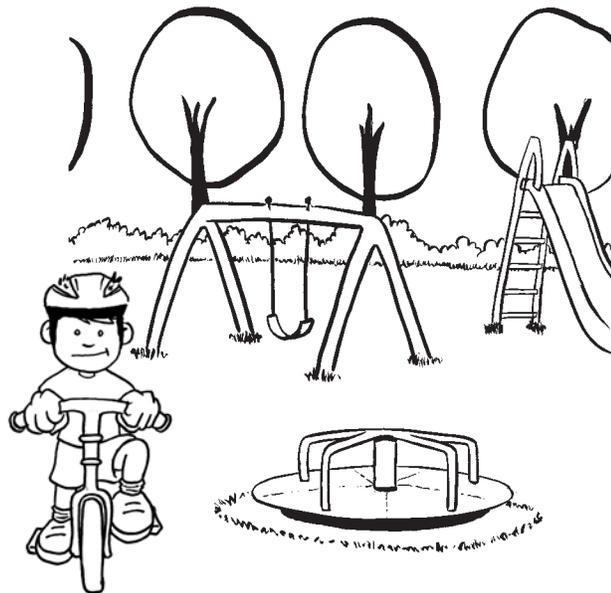
South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Keeping Your Preschooler's Smile Safe at Home and at School

Injuries to the head, face and mouth are common among preschoolers. Learn how to prevent injuries and how to handle them if they occur.

- Do not let your child walk around with something in his mouth, such as a cup, a Popsicle or a lollipop.
- Clean up toys, objects and spills to prevent tripping and falling.
- Teach your child to hold the handrail when walking up and down stairs.
- Provide the school with the emergency phone number of your child's dentist.
- Check out the play equipment at home and at school. It should be in good condition and surrounded by a soft material (i.e., loose sand, wood chips, mulch).
- Have your child wear a helmet when riding his bicycle or other riding toy.
- Teach your child not to bite or chew on hard objects, such as ice or pencils.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Responding to a Dental Emergency

Keep this chart with your first aid information and supplies and use as a guide for teeth and mouth injuries.

Emergency	What To Do?
Toothache	<ul style="list-style-type: none"> Child needs to see a dentist as soon as possible. Do not use heat or place aspirin on aching tooth or gums.
Permanent Tooth Knocked Out	<p>If a tooth is knocked out, it can be saved if you act quickly and appropriately:</p> <ul style="list-style-type: none"> Find the tooth. Do not handle it by the roots. If dirty, rinse with warm water. Do not scrub it. Gently insert in its socket. If unable to do this, place the tooth in a glass of milk. As last resort, place tooth in a glass of water. The tooth must not dry out! Take the child and the tooth immediately to the dentist.
Baby Tooth Knocked Out	<ul style="list-style-type: none"> Do not try to put a baby tooth back in the socket. Place in cool milk or water. Take the child and the tooth immediately to the dentist.
Broken Tooth	<ul style="list-style-type: none"> Gently clean dirt or debris from the area of the injured tooth with warm water. Place cold compresses on the face, in the area of the injured tooth to minimize swelling. Go to the dentist immediately. Apply direct pressure to the bleeding area with a clean cloth.
Bitten Lip or Tongue	<ul style="list-style-type: none"> Apply direct pressure to the bleeding area with a clean cloth. If swelling is present, apply cold compresses. If bleeding continues, go to the hospital emergency room.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Preschoolers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Taking Your Preschooler to the Dentist

A child should go to the dentist when they turn 1, and by the time a child is 3 to 4 years of age, they should be seen regularly (every six months) by a dentist.

The purpose of these early visits to the dentist:

- To check your child's teeth.
- For the child, you and the dental team to get to know one another.
- To inform you and your child about how to prevent dental problems. Problems can occur from not brushing regularly and from poor eating habits.
- To decide if your child needs additional fluoride. This is generally recommended for children who are at a high risk for tooth decay.
- To discuss the need for dental sealants. A dental sealant is a thin plastic coating that is applied to the chewing surfaces of teeth to help prevent tooth decay.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Preschoolers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Nutrition and Your Child's Dental Health

What, when and how your children eat affects their dental health.

- Serve fruit, vegetables, whole grain products, and dairy products. Healthy dairy products include milk, cottage cheese, cheese, and unsweetened yogurt.
- Only serve foods containing sugar at mealtimes. Limit the amount and the frequency. Remember that foods such as candy, cookies, cake and sweetened drinks increase your child's risk of tooth decay.
- Limit the eating of sticky foods such as fruit roll-ups, caramels, Tootsie Rolls, and Starbursts.
- If your child drinks bottled water, use a brand that contains fluoride.
- Limit eating between meals. Serve age-appropriate healthy foods during planned meals and snacks.
- Do not allow your child to share eating utensils or cups. Germs that cause tooth decay can be passed from parent to child. If your child is thirsty, offer water or milk. If your child drinks milk at bedtime, make sure to clean his teeth afterward.

Healthy Snacks	Sugary Snacks to Limit or Avoid	Sugary Drinks to Limit or Avoid
Raw Vegetables	Chocolate Candy	Soda
Low-Fat Yogurt	Cookies and Cake	Fruit Drinks
Fruits	Ice Cream	Juices
Low-Fat Cheese	Chewy Candy	Kool Aid
Peanut Butter	Fruit Roll-ups	Sports Drinks
Pretzels	Doughnuts	Flavored Teas



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

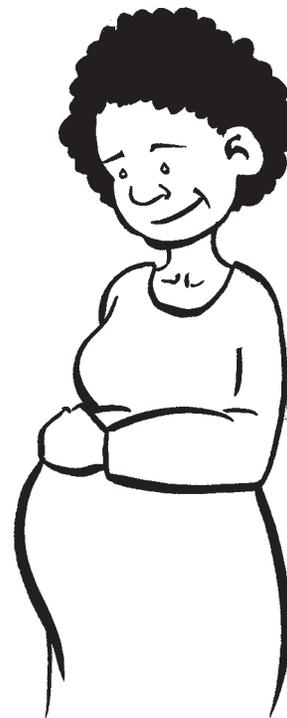
Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Dental Health for Mothers-To-Be

- It is important to take care of your mouth before, during and after pregnancy.
- Brush teeth with a fluoride toothpaste twice a day, floss once a day and visit the dentist regularly even when pregnant.
- During pregnancy there are hormonal changes that may cause a women's gums to swell and bleed.
- It has been found that severe gum disease during pregnancy may be linked to babies being born too early or too small.
- The best way to prevent gum disease is to brush with fluoridated toothpaste at least twice a day, floss each day and see your dentist.
- Good prenatal care includes care of the mother's teeth and gums. It is important to visit the dentist while you are pregnant. It is safe and can help you have a healthy baby.
- Eating healthy is very important during pregnancy because the baby gets nutrients from the mother. Foods with calcium are very important for you and your baby's teeth and bones. Calcium is in milk, cheese, dried beans, and leafy green vegetables.
- Sweets or starchy foods and cavity germs can cause tooth decay. Eat healthy snacks like fruit and vegetables.
- Drink plenty of water especially between meals and after snacks.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Preschoolers



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

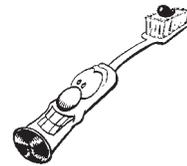
South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



How to Brush Your Child's Teeth!

Step 1:

Put a smear of toothpaste on the brush
Point the toothbrush toward the gums
Use gentle circles or back and forth wiggles



Step 2:

Top Teeth: Begin with the outside of the top teeth
Back, corner, front, corner, and back
Chewing surfaces:
Right and left



Step 2



Step 3:

Bottom Teeth:
Brush in same order as top teeth



Step 3



Step 4:

Rinse with water



Step 5:

Smile!!



Reminder: Be sure to brush in the morning and at night. Two minutes of tooth time two times a day!

It is a good idea to brush your child's tongue to remove bacteria and keep their breath fresh!

A parent should help a child brush their teeth until at least age 7 or 8...until a child can easily tie their own shoes!



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Eating Away at Tooth Decay

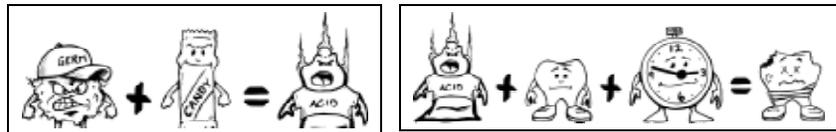
Eating healthy and smart is good for dental health.
A good diet helps teeth grow properly and keeps gums healthy.

What, When and How Often...

What you eat is important for healthy teeth, but it's just as important to be careful about when and how often you eat.

How do cavities happen?

- Cavities can develop when sugary foods or starchy foods stay on the teeth for a long time.
- Cavity causing germs that live in the mouth eat these foods and make an acid that eats away at teeth.
- If you eat sugary or starchy foods all day, you are making acid all day long. That acid eats away at the tooth.



What can you do to eat away at decay?

- Eat breakfast, lunch and dinner every day.
- Eat no more than two to three snacks a day and try to make them good foods like fruits, raw vegetables and cheeses. If you can't brush, try to rinse your mouth with water.
- If you eat sugary or starchy foods, eat them as part of a meal rather than as a snack. Water, milk or juice will help wash away the food from your teeth.
- Avoid sticky foods unless you can brush right away. These foods get between teeth and are hard to remove from the grooves on the tooth surface.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women, Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



How Can You Snack Smart? Be Choosy!

There are lots of tasty, filling snacks that are less harmful to your teeth – and the rest of your body – than foods loaded with sugars and starch.

Eating the right foods can help protect you from tooth decay and other diseases.

Next time you reach for a snack, pick a food from the list below.

Snack Smart Food List:

Raw vegetables:

- celery
- carrots
- cucumbers
- tomatoes



Fresh fruits

- berries
- oranges
- grapefruit
- melons
- pineapple
- pears



Dairy Products

- cottage cheese
- yogurt
- cheese slices

Snacks to Stay Away From When Possible:

- Sticky, chewy gooey foods like fruit leather, caramel, honey, molasses, syrup, jelly beans
- Lollipops, hard candy, and cough drops
- Bubble gum
- Sugary soft drinks



Healthful reminders:

Choose sugary and starchy snacks less often.

Brush your teeth with fluoride toothpaste after snacks and meals.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Different Positions for Brushing

There are a number of positions you can use to clean a child's teeth. Remember that supporting the head, being able to see inside the mouth and moving the brush around easily are important. Make sure you have good light and can see what you are doing.

Work with your dentist or dental hygienist to find the safest, most comfortable position for you and your child.

Standing in the Bathroom:

- If your child is standing, have him stand in front of the bathroom mirror with his head tilted slightly against your body.
- Place your hand gently over your child's hand so that you can help with toothbrushing. This will help your child learn how to brush.
- Standing behind the child makes it easier for you to brush the child's teeth.

Sitting on the Floor:

- Sit on a chair with the child sitting on the floor in front of you.
- Have the child lean against your knees.
- You can gently place your legs over the child's legs or arms to keep them still, or a second person can help you.

Lying on the Floor:

- Place the child on the floor.
- Kneel behind the child.
- Place a pillow in your lap.
- Place the child's head on the pillow.
- Use your arm to help hold the child's head still if needed.

* Remember that in any position, it's important to support the child's head. Take care to make sure the child does not choke or gag when head is tilted back. Lying or reclining on the floor can be very difficult for a child with cerebral palsy or any other condition involving muscular control. A sitting position is a better option for these children.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Medicine Can Affect Your Child's Oral Health

Facts About Medicine, Sugar and Tooth Decay:

- Children often need regular medications.
- Many medications contain sugar or sugar syrups to sweeten the taste.
- Medicines with sugar can cause tooth decay if they are taken for a long time.
- Medications are given at nap or bedtime, when there is less saliva in the mouth.
- Saliva protects the teeth and also washes away liquids. When there is less saliva (dry mouth), there is less protection for the teeth.

Tips:

- Give your child medicine when the he is awake, and have the child brush or rinse his mouth after each dose.
- If your child is unable to rinse, follow with a squirt bottle or syringe of water to rinse the mouth. Catch the excess in the towel or in a basin.
- Children with asthma should rinse after having a breathing treatment or using an inhaler.
- Be sure to inform your dentist of the medications your child is taking and the number and time of the dosages prescribed.
- Request sugar-free medications from your doctor or pharmacist.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Make the Dentist a Part of Your Child's Health Team

As the parent of a child with special needs, you know the importance of regular visits with your doctor. It is just as important for your child to visit the dentist regularly.

Suggestions:

- Take your child to the dentist by their first birthday. An early dental exam will help monitor proper growth and development and detect dental decay.
- An early trip to the dentist will also help your child to feel more comfortable going to the dentist throughout their lifetime.
- The dentist can monitor your child's teeth to make sure teeth are developing properly and help prevent bite problems.
- Tell the dentist about your child's eating habits, medications and special conditions that may make taking care of their teeth difficult.
- Share with your dentist the name of your child's physician

Contact your dentist as soon as possible if:

- A dental injury occurs.
- Your child is experiencing pain in their mouth.
- You have questions about the appearance of your child's mouth.
- Your child's baby teeth have not fallen out and their permanent teeth are trying to erupt.
- Your child's teeth are overcrowded. An early orthodontic consultation may be recommended. There are certain procedures that may limit or possibly prevent the need for extensive orthodontic treatment.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Key Things to Share with Your Child's Dentist

Check the boxes that apply to your child and give to your dentist or hygienist at your child's dental visit.

Special Conditions:

- My child has a physical handicap, developmental problem, or serious medical illness that makes it difficult to clean the mouth.
- My child does things (e.g. struggling, kicking, head turning, refusal to open his/her mouth) that make it difficult to care for their mouth and teeth.
- My child has eating problems that result in foods remaining in the mouth.
- My child is in the hospital and/or suffers from a chronic illness that stops daily oral care.
- My child refuses to have anything put in his/her mouth.
- My child takes medications (anti-seizure or behavior control) that may cause dry mouth, ulcers, or gum swelling.
- My child has a birth defect that makes feeding difficult (e.g. cleft palate) or limits proper chewing.
- My child has a G-Tube for feeding.
- My child goes to special therapy that such as: physical, speech or occupational.

Eating Habits:

- My child eats a lot of starches, and nutritional supplements.
- My child's diet is limited to soft or puréed foods.
- My child eats a lot of sugars and starches in school programs or as behavior control in the home.
- My child takes oral medicines that contain sugars.
- My child uses a nursing bottle (milk, formula) for feeding instead of age appropriate foods.

Mouth and Teeth:

- My child has a condition that makes the mouth tissues sensitive (i.e. cold sore or ulcers).
- My child has crowded teeth that make it more difficult to clean.
- My child drools.
- My child does not go to the dentist regularly.
- My child does not let me brush his teeth.

General Care:

- My child receives care from persons other than parents such as brothers or sisters, grandparents, other relatives, baby-sitter, staff at respite programs or when attending educational programs such as: Head Start, First Steps, child care center, and school.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



The Effect of Diabetes on Oral Health

The term "diabetes" refers to a group of diseases that affect how your body uses blood sugar. If you have diabetes it means you have too much glucose or blood sugar in your blood. Diabetes can also affect a person's mouth and can impact their oral health.

Common problems in the mouth related to diabetes:

- Tooth decay
- Gum disease
- Dry mouth
- Thrush—a fungal infection in the mouth

Tips that will keep your child's mouth healthy:

- Control your child's blood glucose. Good blood glucose control can help prevent mouth problems.
- Brush and floss twice a day.
- Schedule regular dental check-ups to keep a healthy smile.
- Be sure to tell the dentist that your child has diabetes.
- Take time to check your child's mouth once a month for any problems.
- Tell your dentist if you notice that your child's gums are sore, swollen or bleed when the child brushes or flosses.
- Tell your dentist if your child's mouth appears to be dry or has white patches.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Asthma and Oral Health

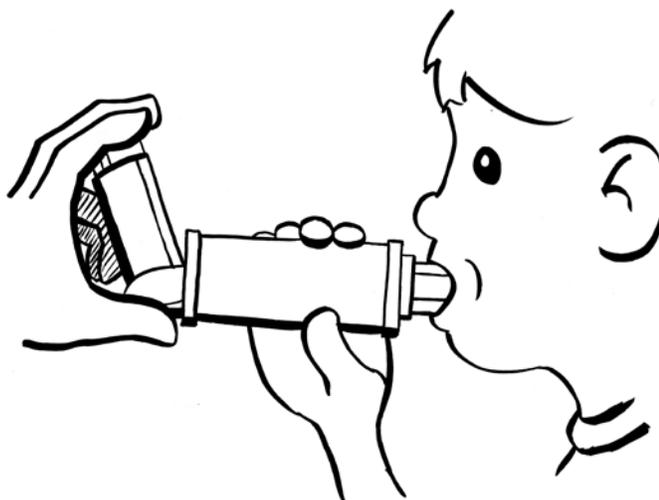
People with asthma may have more cavities, bad breath and gum problems.

Tips:

- The mouth should be rinsed with water after using an inhaler and after taking medicines such as cough syrups.
- Patients with asthma should visit the dentist regularly and follow the suggestions detailed below.

At the Dentist's Office:

- Bring your child's inhaler to their dental appointments.
- Give your dentist information about your child's latest attack, the factors that trigger their attacks and the severity of their condition.
- Let your dentist know if your child is on long-term steroids.
- Be sure to tell your dentist what medicines your child is taking and in what amounts.
- Give your dentist information about the latest asthma attack and the frequency and severity of your child's attacks and what triggers them.
- The dentist should know when or if your child is hospitalized and/or in the emergency room.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Taking a Child with Autism to the Dentist

Before the appointment:

- Prior to the first appointment, inform the dental staff that your child is autistic.
- Children with autism function best with routine. It may be helpful to allow your child to visit the office before their appointment so they can become familiar with the setting.
- Help your child visualize what the visit to the dentist will be like by providing a picture of the office, the chair and the dentist.
- Set up appointments when the office is not busy. Minimize the number of distractions.

During the appointment:

- Share with the dentist your child's intellectual and functional abilities, including information on the best way to communicate with your child.
- Be aware that oral care may trigger violent and self-injurious behavior such as temper tantrums or head banging.
- Praise and reinforce good behavior after each step of a procedure. Ignore inappropriate behavior as much as you can.
- Discuss with your dental provider any concerns that you may have regarding your child's oral health.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



Children with Special Needs



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Oral Health and Children with Down Syndrome

Good home oral care is very important for the patient/child with Down syndrome. There are mental and physical challenges that need to be considered, but providing and teaching oral care to children with Down syndrome can be done with creativity and patience.

Medical problems associated with Down syndrome that directly impact oral health:

- Approximately 50 percent of adults with Down syndrome have Mitral Valve Prolapse (MVP) and may need antibiotics before dental treatment.
- Many people with Down syndrome have weaker immune systems that can lead to a higher rate of infections and gum disease.
- Children with Down syndrome may be mouth-breathers and have dry mouth, causing cracking of the mouth and lips.
- A child or adolescent with Down syndrome may have less muscle tone. This can make chewing and natural cleansing of the mouth less efficient, and food may remain on the teeth longer which can lead to decay.
- Low muscle tone can also lead to problems with swallowing, drooling, and speaking. It makes tooth brushing and flossing more difficult.
- Children with Down syndrome may have delayed and irregular tooth eruption.
- There is a high rate of missing teeth, and some teeth may be overly small or abnormally formed. Diet may need to be altered because there may not be enough teeth to chew certain foods.

Tips for oral care:

- Use the same time, location, and position to brush and floss.
- Try to avoid the back top of the tongue when brushing—this area activates the gag reflex.
- Help your child learn to brush and floss their teeth. As the child gets older, a power brush and a floss holder may help.
- If possible, substitute sugar-free medicines if they are available.
- Do not reward good behavior with sweets, and avoid using candy as incentives. Try to give non-cavity causing foods for snacks such as fruits, vegetables, dairy products and whole grains.
- Offer your child water throughout the day. Medications may cause dry-mouth. Take your child to the dentist regularly and make the dentist a part of your health team.



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Keeping Your Child's Smile Safe When Shopping

The Facts:

Injuries to the head, face and mouth are common among preschoolers. Learn how to prevent injuries and how to handle them if they occur. A fall from a shopping cart can cause a serious injury to the head and mouth.

A fall from a shopping cart can cause serious injury to the head and mouth.

- Place a child in a stroller rather than a shopping cart when possible.
- Strap your child in at all times in the appropriate seating area of the cart
- Do not place an infant carrier on top of the shopping cart.
- Do not allow your child to sit in the basket section of the cart.
- Never allow your child to stand up in a shopping cart.
- Never allow your child to ride on the outside of a cart.
- Do not allow an older child to climb on the cart or push the cart with another child in it, because it is very easy for a child to tip the cart over.
- When available, use carts with safer designs that allow children to ride closer to the ground (for example, in a small model car in front of the cart).

For more information: <http://www.aap.org/family/ShopCartPP.pdf>



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov

Protect Your Child's Smile



All Ages



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

South Carolina Association of
Community Action Partnerships
www.scacap.org/Home.asp

More information for Head Start centers:

Head Start Dental Home Initiative
www.aapd.org

South Carolina State
Head Start Association
<http://www.sc-headstart.org/SCSHSA.html>



Keeping Your Child's Smile Safe When Riding in a Car

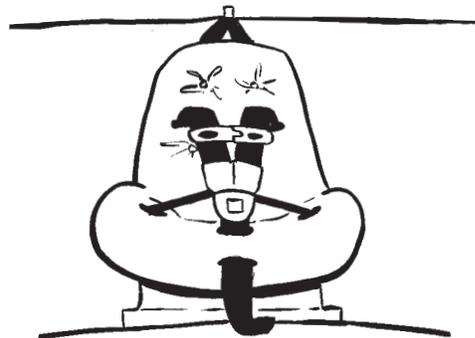
Injuries to the head, face and mouth are common among preschoolers. Learn how to prevent injuries and how to handle them if they occur.

Know and follow the rules for a safe ride...

- Use an appropriate car seat in the back seat at all times.
- Use rear facing child seats for children from birth to 20 pounds AND one year of age.
- Use forward facing child seats for children who are over 20 pounds and at least one year old. The car seat should be used until the child reaches 40 pounds.
- Use belt positioning booster seats when children reach 40 pounds and until they are 80-100 pounds.
- Use seat belts for children when they are able to use the seat belt correctly and are approximately 4'9" tall and weigh 80-100 pounds. The shoulder belt should cross the collarbone and the lap belt should fit low on the hips.
- Do not allow children to place objects in their mouths while riding in the car.
- Keep contact information for your child's doctor and dentist in your purse or in the car.

For more information on S.C. DHEC's Child Passenger Safety Program, visit:

http://www.scdhec.gov/health/chcdp/injury/child_passenger_safety.htm



South Carolina Department of Health and Environmental Control
We promote and protect the health of the public and the environment.
www.scdhec.gov