

TiNY SMiLES



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Message to Dental Professionals

You educate patients about oral health and hygiene on a daily basis. When discussing the oral health of children ages 0 (birth) to 5, make sure parents and caregivers know the facts. According to the Centers for Disease Control and Prevention, tooth decay is one of the most common chronic health conditions of children in the United States.¹ A National Health and Nutrition Examination Survey found that nearly 23% of children ages 2–5 had dental caries in primary teeth.²



It is vital for parents and caregivers to understand the connection between oral health and their children's overall health. Many parents are surprised to learn that baby teeth are at risk for decay as soon as they first appear. Untreated tooth decay can lead to pain and infections which can affect a child's ability to speak, eat, play, and learn.³

To help reinforce positive oral health practices, the ADA Foundation is working with Scholastic to provide these free resources to share with parents and caregivers. By emphasizing that tooth decay is preventable with proper care techniques, parents and caregivers can help give their children bright smiles and healthy futures!

Thank you for your efforts in raising awareness about children's oral health and protecting those tiny smiles.

1,3 Centers for Disease Control and Prevention, "Children's Oral Health," Nov. 10, 2014. Available at www.cdc.gov/oralhealth/children_adults/child.htm

2 Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011–2012. NCHS data brief, no 191. Hyattsville, MD: National Center for Health Statistics. 2015. Available at www.cdc.gov/nchs/data/databriefs/db191.htm

HOW TO USE THESE MATERIALS

HANG THE POSTER (back of this guide): Display this oral health poster in a hallway, waiting room, or another area with high parent or caregiver traffic.

HAND OUT THE FAMILY SHEETS (back panels of poster): Make copies of these sheets to leave in your waiting room or hand them out as families check in for visits.

SHARE THE TEAR-PAD INFORMATIONAL SHEETS: Distribute the tear-pad sheets to parents and caregivers during visits and review the oral health information together.

COMMUNICATE WITH PARENTS AND CAREGIVERS:

- ▶ Talk to expectant mothers about the importance of optimum oral health throughout pregnancy. And explain that baby teeth begin to develop between the third and sixth months of pregnancy.
- ▶ Talk with parents and caregivers about the importance of their children's baby teeth and oral health needs between the ages 0 (birth) to 5.
- ▶ Discuss and demonstrate effective gum-cleaning and toothbrushing techniques.
- ▶ Encourage parents to take their children to the dentist for a first checkup after the first tooth appears or by the time the child turns 1. Tell them what to expect during the visit so that they can prepare their children for the exam.
- ▶ Discuss the importance of proper nutrition.

For additional resources, including Spanish translations of the parent resources and activities, visit scholastic.com/givekidsasmile.

TELL US WHAT YOU THINK! After using the materials, complete our online survey for a chance to win one of five sets of books worth \$100 for your office. For the survey and Official Rules, dental professionals who provide services to children ages 0 to 5 and/or their parents or caregivers should visit scholastic.com/givekidsasmile/surveyDP. Deadline: 11/21/17. NO PURCHASE NECESSARY.

HEALTHY DENTAL HABITS

Developing good dental health habits with your child early on and practicing them daily will not only help your child's smile, but also will affect their overall health. Baby teeth are not just placeholders. They need to be protected. Take a look at the tips below to help your child have healthy teeth.



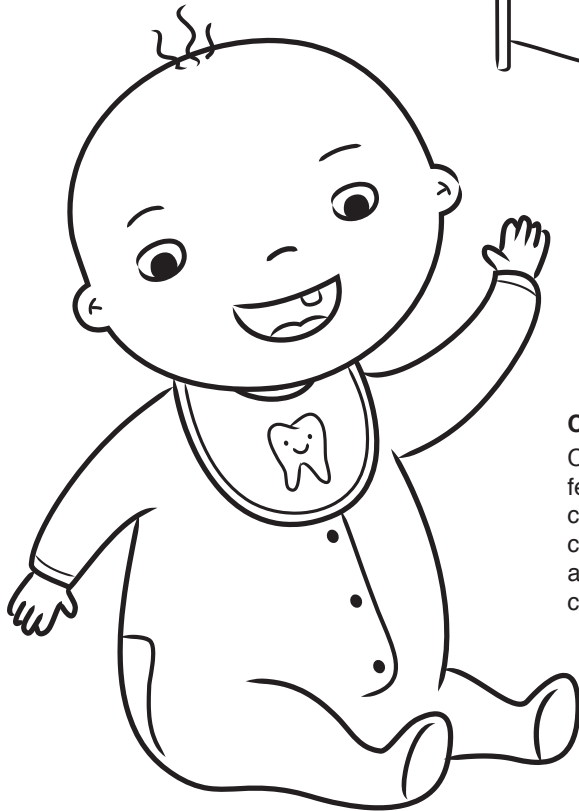
AVOID SUGARY DRINKS

Fill your baby's bottle only with formula, milk, or water. Avoid sugary liquids, including juice drinks.



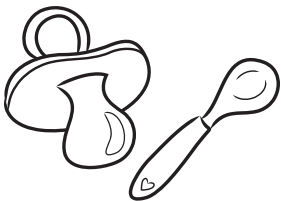
FINISH BOTTLES BEFORE BED

Finish bottle feedings before putting your baby down to sleep.



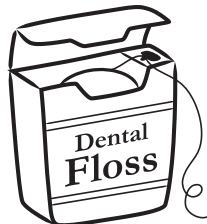
CLEAN GUMS AND TEETH

Clean baby's gums after feedings and take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1.



AVOID PASSING ON GERMS

Do not put pacifiers or feeding spoons in your mouth—you can pass cavity-causing germs to your child. Rinse pacifiers with water to clean them.



CLEAN BETWEEN TEETH

Start cleaning between teeth as soon as your child has two teeth that touch.

DENTAL HEALTH STARTS AT BIRTH

- ▶ **BIRTH TO 1ST TOOTH:** Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.
- ▶ **1ST TOOTH TO 3 YEARS OLD:** Brush your child's teeth twice a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice.
- ▶ **3 TO 5 YEARS OLD:** Brush your child's teeth for two minutes twice a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Be sure to clean all surfaces of the teeth. You might take turns—you brush your child's teeth one time and then have your child do it the next time.
- ▶ Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.
- ▶ Contact your child's dentist or pediatrician if you have questions about your child's dental health or teething.

Keep Track!

Write down when your child's teeth come in:

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DENTIST DAY



Hooray, hooray! It's dentist day! I put on
my shoes and zip up my coat.
My mom sings a song as we drive along:

*Every day we floss and brush,
Even when we're in a rush. 🎵
Eating healthy all year long,
Helps keep our teeth super strong.*

*Count them, 🎵
Clean them,
Make them shine; 🎵
The dentist is a friend of mine!*

At the dentist's office, I sit on Mom or Dad's lap.
Then Dr. Lisa comes in.

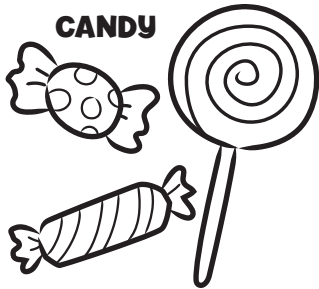
She checked my gums when I was just a
baby. Now she counts my teeth.

The chair goes up and she shines a light
into my mouth to help her see if my teeth
are healthy.

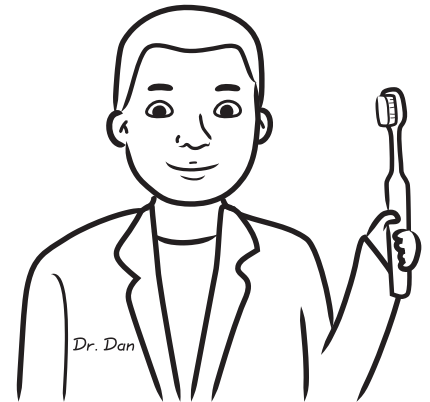
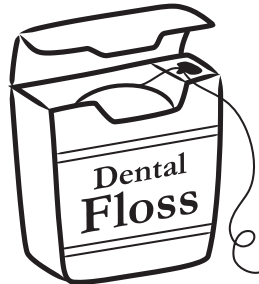
She cleans my teeth with a tool that spins and
buzzes. *Oops!* She gets my chin wet. Now
my smile is all sparkly. Thank you, Dr. Lisa.
I promise to brush two times a day for two
minutes. See you next time!

WHAT IS GOOD FOR MY TEETH?

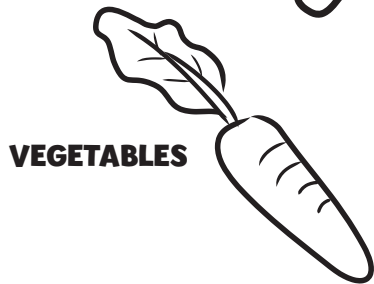
Color or circle the pictures of things that help keep your smile healthy.



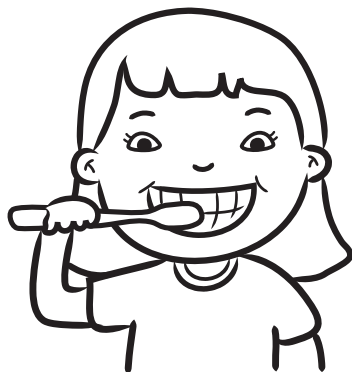
DENTAL FLOSS



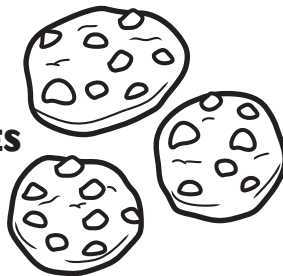
DENTIST



SOFT DRINK



COOKIES

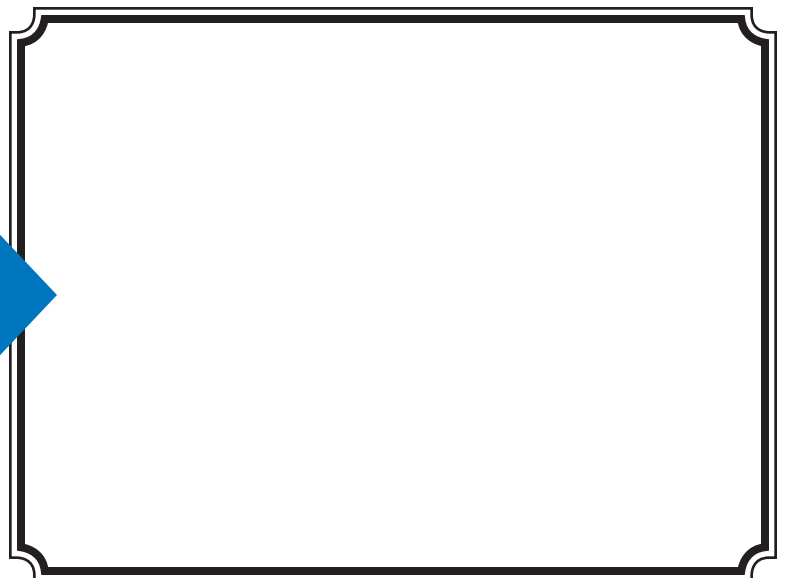


TOOTHPASTE



WHAT MAKES ME SMILE?

Draw a picture of something that makes you smile.



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Baby Teeth Are Important

BIRTH to 1ST TOOTH (Birth to around 6 months)

Your baby's first smile appears even before you see the first tooth—it's all about the gums at this stage.

BEST SMILE TIP!

Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding. This removes bacteria and bits of food.

HEALTHY HABITS:

Rinse your baby's pacifier with water to clean it. Don't put it in your mouth and don't share feeding spoons. You can pass cavity-causing germs to your child. Also, do not dip pacifiers in sugar, honey, or other foods.

1ST TOOTH to 3 YEARS OLD

Starting around 6 months and up until about 12 to 14 months, your baby's first tooth will push through the gums.

BEST SMILE TIP!

Once your child's teeth begin to show, brush them twice a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

HEALTHY HABITS:

Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1. Do not let your child sip all day on drinks with sugar.

3 to 5 YEARS OLD

By age 3, your child will have about 20 teeth. These baby teeth are important—they help your child eat, speak, and smile. They also hold space for permanent teeth.

BEST SMILE TIP!

Brush your child's teeth for two minutes twice a day. Use a pea-size amount of fluoride toothpaste on a child's toothbrush. Assist with brushing until your child can spit out the toothpaste instead of swallowing it, which usually happens around age 6. Keep cleaning between their teeth daily, for example, with dental floss.

HEALTHY HABITS:

Encourage your child to eat fruits, vegetables, and foods that are low in sugar. Limit snacks, candy, juice, soft drinks, and sticky treats. And remember, water with fluoride is the best drink for your child's teeth.



Watch and Brush at 2min2x.org

Help your child brush for two minutes twice a day by playing a song or a two-minute video while you brush.

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TINY SMILES

Baby teeth are important. They help your child chew, speak, and smile. They also help permanent teeth grow in the correct position. Did you know that children can get cavities as soon as their teeth first appear? Nearly one in four children ages 2–5 has cavities in their baby teeth.¹ Cavities can hurt. They can cause children to have problems eating, speaking, learning, playing, and sleeping. Read below to find out how you can help prevent cavities and promote healthy habits. Children learn healthy habits from their parents and caregivers.

HELP PREVENT CAVITIES

DURING PREGNANCY



- Children's teeth begin to develop between the third and sixth months of pregnancy. To help baby teeth develop correctly, be sure to get plenty of nutrients and eat a balanced diet. For tips on how to eat a balanced diet, visit choosemyplate.gov.

► It is important to go to the dentist during pregnancy. Also, remember to brush teeth twice a day for two minutes, clean between teeth, and drink water with fluoride to help keep your own teeth and gums healthy and strong.

BIRTH to 1ST TOOTH (Birth to around 6 months)



- Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding.
- To help prevent tooth decay, fill your baby's bottle only with formula, milk, or water. Finish bottle feedings before putting baby to bed.

► Rinse your baby's pacifier with water to clean it. Don't put it in your mouth and don't share feeding spoons. You can pass cavity-causing germs to your child.

- Don't dip pacifiers in sugar, honey, or other foods.

1ST TOOTH to 3 YEARS OLD



- Take your child to the dentist for a first checkup after the first tooth appears or by the time your child turns 1.

► Brush your child's teeth twice a day (morning and night). Use a baby toothbrush and a smear of fluoride toothpaste the size of a grain of rice. Start cleaning between teeth daily as soon as your child has two teeth that touch.

- Protect your child's teeth with fluoride. Talk to your physician or dentist about your child's fluoride needs.
- Sippy cups should only be used until around your child's first birthday. Do not let your child sip all day on drinks with sugar.

3 to 5 YEARS OLD



- Brush your child's teeth for two minutes twice a day. Use a pea-size amount of fluoride toothpaste and a small, soft toothbrush. Take turns—brush your child's teeth one time and then have them do it the next time. Supervise brushing until your child can spit out the toothpaste instead of swallowing it, around age 6.

- Clean between their teeth daily—for example, with dental floss.
- Encourage your child to eat fruits, vegetables, and foods that are low in sugar, and to drink fluoridated water. Limit the amount of and how often your child drinks juice. Skip soda and sticky foods.
- Ask your child's dentist about dental sealants to protect teeth from decay.

Visit MouthHealthy.org for more tips from the American Dental Association to help your child have their best smile!

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¹ Dye BA, Thornton-Evans G, Li X, Iafolla TJ. Dental caries and sealant prevalence in children and adolescents in the United States, 2011–2012. NCHS data brief, no 191. Hyattsville, MD: National Center for Health Statistics. 2015. Available at www.cdc.gov/nchs/data/databriefs/db191.htm

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