



BIRTH – 1 YEAR OLD

<p>Take-Home Messages</p> <ul style="list-style-type: none"> • Cavities are preventable • Infectious disease transmitted to the baby from parents/caregivers 	<p>Parents/Caregivers can ensure good oral health for their baby by:</p> <ul style="list-style-type: none"> • Making healthy food, snack and drink choices on a daily basis • Cleaning baby’s mouth on a daily basis • Appropriate use of fluoride on a daily basis • Regular dental checkups at the dental home starting at age 6 months
<p>Oral Health and Home Care</p> <ul style="list-style-type: none"> • Avoid sharing of bottles, cups, pacifiers and toys to reduce bacteria transmission 	<ul style="list-style-type: none"> • Begin wiping the mouth with a soft cloth or brushing with a soft toothbrush twice a day as soon as the first tooth appears • Use a very small amount (smear) of fluoride toothpaste • Parents/caregivers need to maintain their own oral health through regular dental visits and treatment, if needed, to reduce the spread of bacteria to their baby that cause tooth decay • Parents/caregivers need to avoid sharing utensils and cups with their baby to reduce the spread of bacteria that cause tooth decay • Parents/caregivers need to check the baby’s front and back teeth for white, brown or black spots (signs of tooth decay) • Parents/caregivers need to become familiar with the appearance of the baby’s mouth
<p>Development of the Mouth and Teeth</p>	<ul style="list-style-type: none"> • Discuss primary (baby) tooth eruption patterns • Emphasize the importance of baby teeth for chewing, speaking, jaw development and self-esteem • Discuss teething and ways to soothe sore gums, such as chewing on teething rings and washcloths
<p>Oral Habits</p>	<ul style="list-style-type: none"> • Encourage breastfeeding • Advise parents/caregivers that removing the child from the breast or bottle after feeding and wiping baby’s gums and teeth with a damp washcloth or brushing the teeth reduces the risk of Early Childhood Caries (ECC) • Review pacifier use
<p>Diet, Nutrition and Food Choices</p>	<ul style="list-style-type: none"> • Remind parents/caregivers to never put baby to bed with a bottle or sippy cup with anything other than water in it or allow feeding “at will” • Emphasize that it is the <u>frequency of exposures</u>, not the <u>amount</u> of sugar and carbohydrates, that affects susceptibility to cavities • Encourage using a cup by age 1 year • Encourage offering healthy snacks and drinks to their baby
<p>Fluoride Needs</p>	<ul style="list-style-type: none"> • Discuss the family’s source of drinking water (bottled versus tap, filtered versus non-filtered, reverse osmosis, etc.) • Review total fluoride exposure from all sources (water, foods, toothpaste, etc.) • Encourage drinking fluoridated water (tap or bottled) • Consider fluoride needs (e.g., fluoride toothpaste, fluoride varnish, fluoride supplements)
<p>Injury Prevention</p>	<ul style="list-style-type: none"> • Review childproofing of home, including electrical cord safety and poison control • Emphasize use of a properly secured car seat • Encourage caregivers to keep emergency numbers handy
<p>Antimicrobials, Medications, and Oral Health</p>	<ul style="list-style-type: none"> • Consider use of antimicrobials as appropriate to prevent tooth decay • Regular taking of medicines, like asthma medications, can decrease salivary flow • Remind parents/caregivers that medicines contain sweeteners that can cause tooth decay and to brush the child’s teeth after giving medicines

1–3 YEARS OLD

<p>Take-Home Messages</p> <ul style="list-style-type: none"> • Cavities are preventable • Infectious disease transmitted to the toddler from parents/caregivers 	<p>Parents/Caregivers can ensure good oral health for their toddler by:</p> <ul style="list-style-type: none"> • Making healthy food, snack and drink choices on a daily basis as directed by a dentist • Cleaning baby’s mouth on a daily basis • Appropriate use of fluoride on a daily basis • Regular dental checkups at the dental home starting at age 6 months
<p>Oral Health and Home Care</p> <ul style="list-style-type: none"> • Avoid sharing of spoons, cups, pacifiers and toys to reduce bacteria transmission 	<ul style="list-style-type: none"> • Remind parents/caregivers of the need to continue regular dental checkups for their toddler in the dental home based on risk assessment • Review the parents’/caregivers’ role in brushing the toddler’s teeth and gums, especially at bedtime; discuss toothbrush and toothpaste selection • Use a very small amount (smear) of fluoride toothpaste • Review with the parents/caregivers the need to maintain their own oral health to reduce the spread of bacteria to their toddler that cause tooth decay • Parents/caregivers need to avoid sharing utensils and cups with their toddler to reduce the spread of bacteria that cause tooth decay • Parents/caregivers need to check their toddler’s front and back teeth for a white, brown or black spots (signs of cavities) and the rest of the mouth for swelling, bleeding and or changes • Parents/caregivers need to be familiar with the appearance of the toddler’s mouth
<p>Development of the Mouth and Teeth</p>	<ul style="list-style-type: none"> • Discuss primary (baby) tooth eruption patterns for toddlers • Emphasize the importance of baby teeth for chewing, speaking, jaw development and self-esteem • Discuss teething and ways to soothe sore gums, such as chewing on cool teething rings and washcloths or teething gels, used appropriately
<p>Oral Habits</p>	<ul style="list-style-type: none"> • Review pacifier use • Begin weaning of non-nutritive sucking habits by age 2 years
<p>Diet, Nutrition and Food Choices</p>	<ul style="list-style-type: none"> • Discuss healthy nutritious choices for diet and oral health and encourage offering healthy foods, snacks and drinks to their toddler • Emphasize that it is the <u>frequency of exposures</u>, not the <u>amount</u> of sugar, that affects susceptibility to cavities • Do not use a sippy cup like a bottle; make sure the toddler is no longer using a bottle
<p>Fluoride Needs</p>	<ul style="list-style-type: none"> • Discuss the family’s source of drinking water (bottled versus tap, filtered versus non-filtered, reverse osmosis, etc.) • Review total fluoride exposure from all sources (water, foods, toothpaste, etc.); encourage drinking fluoridated water (tap or bottled) • Discuss the potential of fluorosis in areas of high natural fluoride content • Consider fluoride needs (e.g., fluoride toothpaste, fluoride varnish, fluoride supplements)
<p>Injury Prevention</p> <ul style="list-style-type: none"> • No running with objects in the mouth (toothbrushes, pencils, etc.) 	<ul style="list-style-type: none"> • Review childproofing of home, including electrical cord safety and poison control • Emphasize use of a properly secured car seat • Emphasize use of helmets when the toddler is riding a tricycle or in the seat of an adult’s bike • Encourage caregivers to keep emergency numbers handy
<p>Antimicrobials, Medications, and Oral Health</p>	<ul style="list-style-type: none"> • Consider use of antimicrobials as appropriate to prevent tooth decay • Remind parents/caregivers that oral medicines contain sweeteners that can cause tooth decay and to wipe the toddler’s mouth with a soft, moist washcloth or brush the toddler’s teeth after giving medicines

3–5 YEARS OLD

Take-Home Messages <ul style="list-style-type: none">• Cavities are preventable• Infectious disease transmitted to the child from parents/caregivers	Parents/Caregivers can ensure good oral health for their child by: <ul style="list-style-type: none">• Making healthy food, snack and drink choices on a daily basis as directed by a dentist• Cleaning the child’s mouth on a daily basis• Appropriate use of fluoride on a daily basis• Regular dental checkups at the dental home starting at age 6 months
Oral Health and Home Care	<ul style="list-style-type: none">• Remind parents/caregivers of the need to continue regular dental checkups for their child in the dental home based on a risk assessment• Review the parents’/caregivers’ continuing role in brushing the child’s teeth, especially at bedtime• Discuss toothbrush and toothpaste selection and use of a very small amount (pea-sized drop) of fluoride toothpaste• Review with the parents/caregivers the need to maintain their own oral health through regular dental visits and treatment, if needed, to reduce the spread of bacteria to their child that cause tooth decay• Parents/caregivers need to avoid sharing with their child things that have been in their own mouth• Parents/caregivers need to check their child’s front and back teeth for white, brown or black spots (signs of tooth decay)• Encourage parents/caregivers to become familiar with the appearance of the child’s mouth• Encourage parents/caregivers to consider dental sealants for primary (baby) and permanent (adult) teeth as is indicated
Development of the Mouth and Teeth	<ul style="list-style-type: none">• Discuss permanent tooth eruption patterns for children• Emphasize the importance of primary and permanent teeth for chewing, speaking, jaw development and self-esteem• Discuss the eruption of the first permanent molars and remind parents/caregivers that a baby tooth will not be lost when this occurs
Oral Habits	<ul style="list-style-type: none">• Discuss consequences of digit sucking and prolonged non-nutritive sucking (e.g., pacifier) and begin professional intervention if necessary• Discuss consequences of eating, drinking or sucking on acidic foods such as lemons, limes, sodas, pickles and acidic powders
Diet, Nutrition and Food Choices	<ul style="list-style-type: none">• Discuss and encourage healthy choices for diet, including snacks and drinks• Emphasize that it is the <u>frequency of exposures</u>, not the <u>amount</u> of sugar, that affects susceptibility to cavities• Emphasize that the child should be completely weaned from a bottle/sippy cup and drinking exclusively from a regular cup
Fluoride Needs	<ul style="list-style-type: none">• Discuss the family’s source of drinking water (bottle versus tap, filtered versus non-filtered, reverse osmosis, etc.)• Review total fluoride exposure from all sources (water, foods, toothpaste, etc.); encourage drinking fluoridated water (tap or bottled)• Discuss the potential of fluorosis in areas of high natural fluoride content• Consider fluoride needs (e.g., fluoride toothpaste, fluoride varnish, fluoride supplements)
Injury Prevention	<ul style="list-style-type: none">• Review home safety and poison control• Emphasize the use of helmets when the child is riding a tri/bicycle or in the seat of an adult bike• Emphasize use of mouth guards in sports• Encourage caregivers to keep emergency numbers handy

Antimicrobials, Medications and Oral Health

- Consider use of antimicrobials as appropriate to prevent tooth decay
- Regular taking of medicines, like asthma medications, can decrease salivary flow
- Remind parents/caregivers that medicines contain sweeteners that can cause tooth decay and to brush the child's teeth after giving medicines

REFERENCES:

To find out if your certification is in place, go to the Online Provider Lookup at:

<http://opl.tmhp.com/ProviderManager/AdvSearch.aspx>

To order additional Dental Anticipatory Guidance and “Your Child’s Teeth Are Important!”, go to the Texas Health Steps Products order link at:

<https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-health-steps/thsteps-catalog>

To download the English and Spanish versions of the “Oral Health Questionnaire” and “Dental Risk Assessment Questionnaire” and English versions of the “Caries Risk Assessment Tool”, “First Dental Home Visit Documentation”, and “Oral Evaluation and Fluoride Varnish in the Medical Home Visit Documentation”, go to the Texas Health Steps Dental website at:

<https://hhs.texas.gov/doing-business-hhs/provider-portals/health-services-providers/texas-health-steps/dental-providers/first-dental-home>

The Texas Health Steps (THSteps) Online Provider Education offers a range of high-quality training opportunities to Texas Health Steps providers. The training consists of a number of self-paced, web-based trainings for which FREE Continuing Education Credits for a variety of disciplines can be awarded. To take advantage of the FREE Continuing Education Credits offered through the Texas Health Steps Online Provider Education visit:

<http://txhealthsteps.com>

To learn more about the dental home, visit the American Academy of Pediatric Dentistry’s (AAPD) Dental Home Resource Center at:

<https://www.aapd.org/research/oral-health-policies--recommendations/Dental-Home/>

To learn more about the American Academy of Pediatric’s (AAP) Children’s Health Topic: Oral Health, visit AAP’s website at:

<http://www2.aap.org/commpeds/dochs/oralhealth/index.html>
