



Children Dental Health

Jones Dental Associates of Irvington
Dr. Jacqueline Jones



Why Is Dental Care Important?

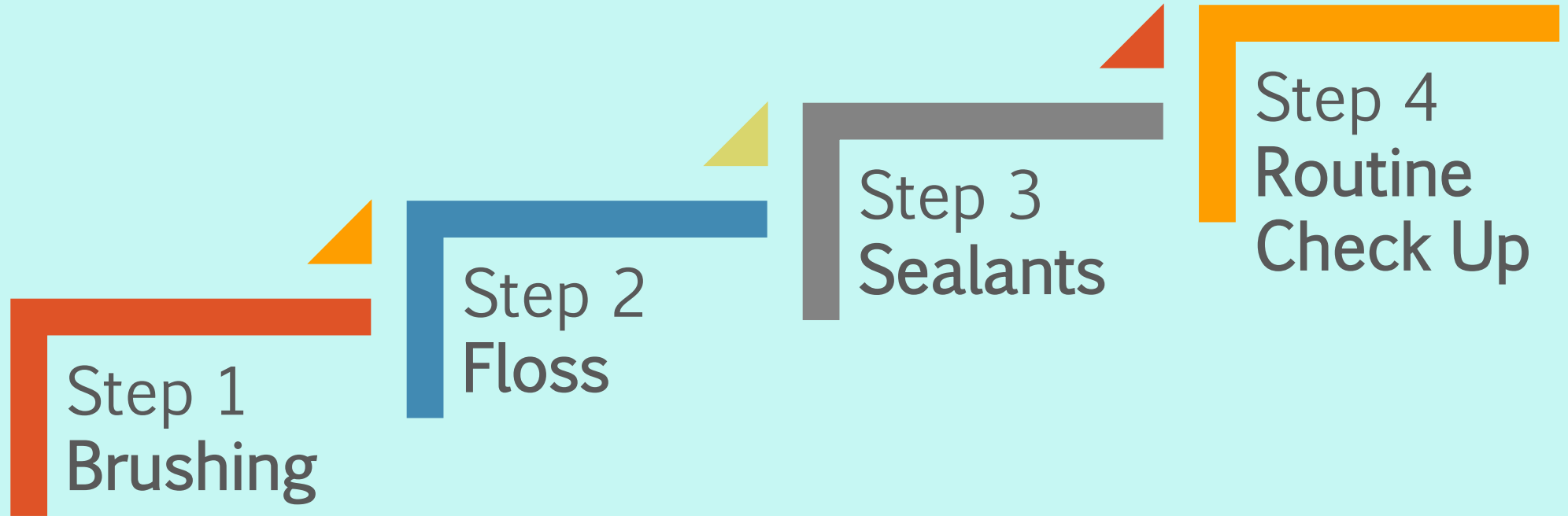
- Cavities, also known as caries or tooth decay
- Cavities are one of the most common chronic diseases of childhood
- Cavities are preventable
- Children who have poor oral health often miss more school and receive lower grades than children who don't



What Causes Cavities?



How Are Cavities Preventable?

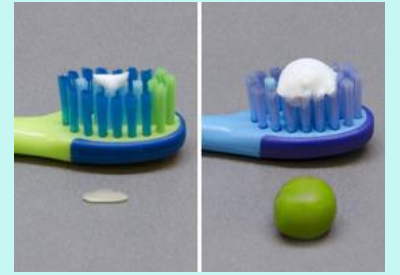


Brushing

- Two minutes in the morning, two minutes in the afternoon, everyday!
- Toothbrush vary in size, design, and hardness
- You want soft, nylon bristles
- Makes sure to replace your tooth brush every 3 – 4 months
- Don't be aggressive when brushing!



Toothpaste

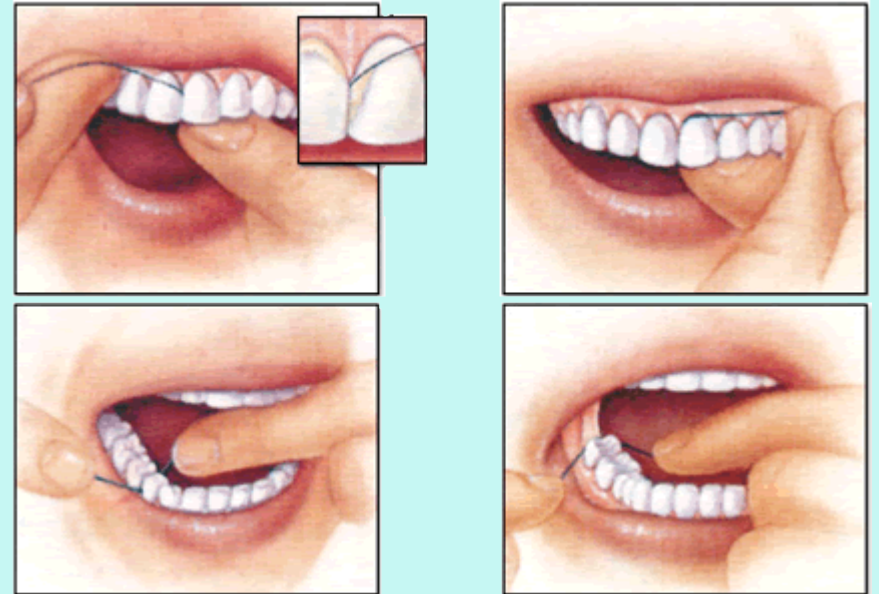


- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth.
- As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age
- For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice
- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste



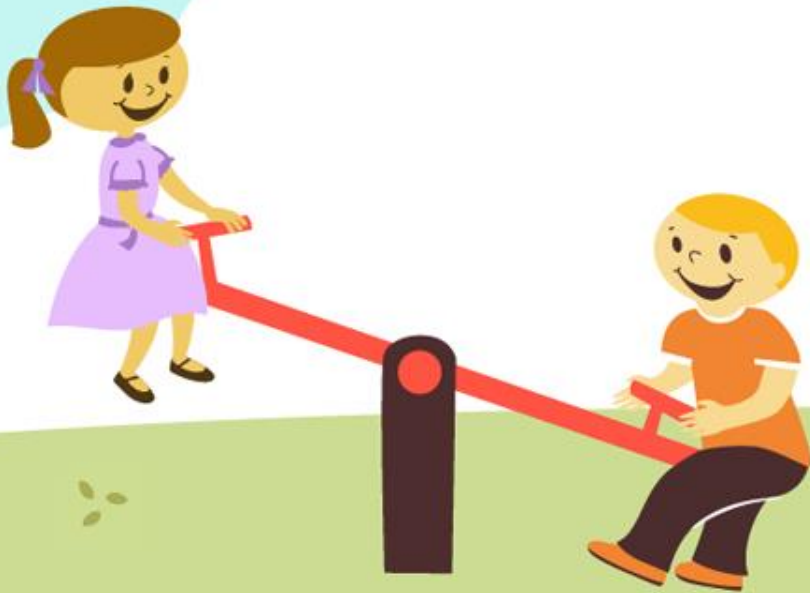
Flossing

- Removes build up plaque that your toothbrush can't reach
- Children should start flossing when their teeth meet adjacently
- Around age two and a half



First Dental Visit

When and What To Expect?



When?

- As soon as your child's first tooth appears, it's time to schedule a dental visit.
- The ADA recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child's first birthday.
- Don't wait for them to start school or until there's an emergency.
- Consider making a morning appointment when children tend to be rested and cooperative.
- Keep any anxiety or concerns you have to yourself. Children can pick up on your emotions, so emphasize the positive.



What To Expect

During this visit, you can expect the dentist to:

- Inspect for oral injuries, cavities or other problems.
- Let you know if your child is at risk of developing tooth decay.
- Clean your child's teeth and provide tips for daily care.
- Discuss teething, pacifier use, or finger/thumbsucking habits.
- Discuss treatment, if needed, and schedule the next check-up.



Upcoming Treatment

Sealants

Flouride
Varnish

Cleaning

X-Rays



Sealants



- Plastic material applied to the chewing surfaces of permanent teeth
- Barrier protecting enamel from plaque and acids
- Last 5 – 10 years
- Two years after placement, dental sealants prevent >80% of cavities in the permanent molars, in which nine in 10 cavities occur



Fluoride Varnish

- Strengthen tooth enamel
- Help prevent tooth decay or slow it down
- This can be done 2 to 4 times per year.
- The number of treatments depends on how likely it is that your child may get a cavity.



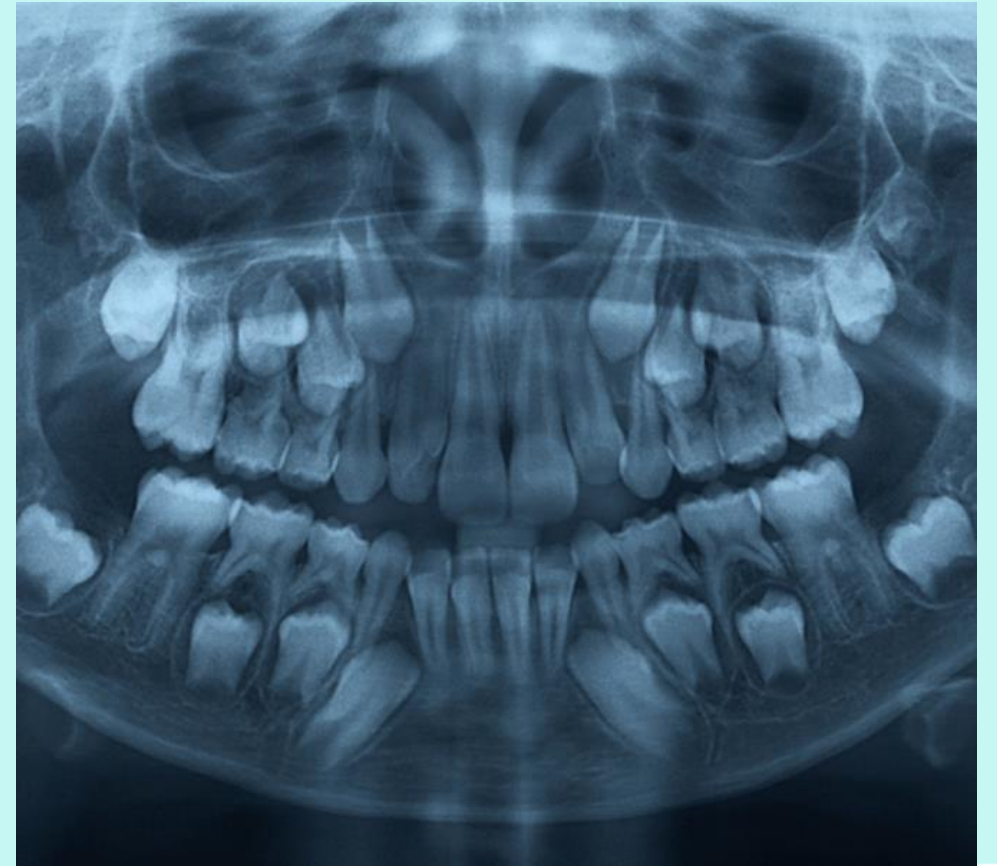
Cleaning

- This is a must, no matter how well your child brushes
- That's why a professional cleaning goes a long way.



X-Rays

- X-rays help your dentist see how your child's teeth are developing and make sure the tooth roots are healthy.
- They also are used to see if there is any tooth decay between your child's teeth.



Summary of Dental Care For Babies

Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.

Visit the dentist by your baby's first birthday to spot signs of problems early.

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2, consult first with your doctor or dentist regarding the use of fluoride toothpaste.



Summary of Dental Care For Children

Brush their teeth twice a day with fluoride toothpaste.

Drink tap water that contains fluoride (if possible)

Ask your child's dentist to apply dental sealants when appropriate.

- If your child is younger than 6, watch them brush.
- Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow. Help your child brush until they have good brushing skills.



Contact us

- Jones Dental Associates of Irvington
- <http://irvington-dentist.com/>
- Call us at (973) 375 5575
- Located at 1375 Clinton Avenue, Irvington, NJ 07111
- Or use the QR code





Thank You!

Dr. Jacqueline Jones

Dr. Sivi Jones



For More Information

- [CDC Children's Dental Health](#)
- Griffin SO, Wei L, Gooch BF, Weno K, Espinoza L. Vital Signs: Dental Sealant Use and Untreated Tooth Decay Among U.S. School-Aged Children. MMWR Morb Mortal Wkly Rep 2016;65:1141-1145.
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- <https://www.mouthhealthy.org/en/babies-and-kids/healthy-habits>
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