

LET'S CRUSH CAVITIES!

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Minnesota Oral Health Project
Learn more at www.crushcavities.com

CAVITIES ARE PREVENTABLE



It is up to **you** to prevent your child from getting cavities

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HOW CAN YOU PREVENT CAVITIES?

By making some simple changes in how you care for your child's teeth.

We'll tell you how.




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But first, what causes cavities?

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SUGAR + **BACTERIA** = **ACID**

Sugar combines with bacteria on the teeth to make acid

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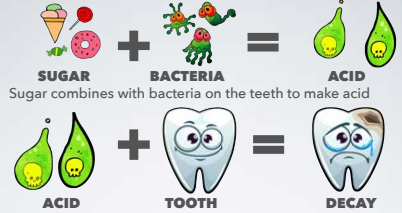


ACID + **TOOTH** = **DECAY**

Acid on a healthy tooth causes it to decay

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That's what causes cavities

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WHY

IS IT SO IMPORTANT TO PREVENT CAVITIES?



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Cavities can cause serious health problems and the complications can even **kill** a child.




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MISSED SCHOOL DAYS





- Children with cavities miss school frequently
- Even if in school, the pain of tooth decay affects the ability of a child to learn
- If your child has tooth pain you may have to miss work



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DIFFICULTY SLEEPING

Children with tooth decay will have trouble sleeping at night. The pain will keep them from falling asleep and from sleeping soundly.

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DISCOMFORT AND PAIN



- Cavities cause unnecessary pain and suffering
- You can make a better life for your child by preventing cavities




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WHAT CAN YOU DO? WE'LL COVER 5 THINGS




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1. Fluoride Varnish Treatments
2. A Dental Home
3. Brushing your child's teeth
4. Fluoride in your water
5. Habits that keep the teeth healthy

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GET FLUORIDE VARNISH

Ask your family doctor or dentist to put fluoride varnish on your child's teeth.

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FLUORIDE VARNISH IS SAFE AND EASY TO APPLY

Your child's dentist or physician will apply fluoride to the teeth using varnish and a small brush. The process of putting on fluoride varnish is like painting on nail polish, and it is completely safe.



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WHAT IS FLUORIDE?

Fluoride is a naturally occurring mineral found in water and many foods.



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WHAT DOES FLUORIDE DO?

Fluoride strengthens the tooth enamel and slows down the rate at which the enamel breaks down.

The tooth enamel will remineralize when exposed to fluoride.



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Fluoride varnish is like a magic shield for your child's teeth!



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Take your child to the dentist two times a year for preventive care



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Schedule your first dental visit when your child turns one

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ASK YOUR DENTIST FOR SEALANTS

Ask your dentist if your child is ready for sealants. Sealants protect the teeth differently than fluoride varnish.



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NEED HELP FINDING A DENTIST?

We can help with that
Go to **CrushCavities.com**



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Brush your child's teeth
for 2 minutes twice a day

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**BRUSH YOUR CHILD'S
TEETH FOR YOUR CHILD
UNTIL AGE 7-8**

Most children do not have the skill to brush their own teeth until they are at least 6 years old. Children are able to brush their own teeth when they can write their name in cursive.



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**BRUSH BABY
TEETH**

Brush the teeth twice a day with a smear of fluoridated toothpaste starting with the first baby tooth. Wipe out the mouth with a damp cloth after brushing.




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"HOW MUCH TOOTHPASTE?"

- 0 – 2 year old: toothpaste size of grain of rice
- 3 – 6 year old: toothpaste size of pea
- 7 – adult: small smear of toothpaste



COURTESY OF THE AMERICAN DENTAL ASSOCIATION

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**"WHY BRUSH BABY TEETH?
DON'T THEY FALL OUT?"**

Cavities in baby teeth affect the health of the permanent teeth.




- A child with cavities or missing teeth will have trouble chewing and learning to speak
- The baby teeth make a place for permanent teeth

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**DRINK TAP
WATER**

Most bottled water does NOT contain fluoride. Drink water that contains fluoride - read the label.



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**MAKE SURE YOUR
DRINKING WATER
HAS FLUORIDE**

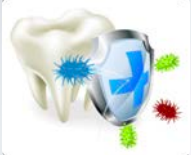
If your drinking water comes from a well, have it checked for the amount of fluoride in the water and discuss the findings with your child's primary care provider.



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WATER CONTAINS FLUORIDE IF...




- The public water in your community is fluoridated
- The label on your bottled water says it contains fluoride
- Your private well has been tested and water contains fluoride

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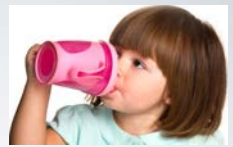
YIKES! THERE IS ACID IN SODA AND JUICE



- Acid damages teeth
- Sodas and fruit juices contain acid
- Brushing does not protect the tooth from the damage from acid
- Give your child milk or water
- Make beverages containing acid and sugar a rare treat

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ONLY PUT WATER IN THE SIPPY CUP




Give your child only water in the Sippy cup or bottle between meals. Providing juice in a Sippy cup or bottle throughout the day **bathes the teeth in sugar** all day.

Your child can have milk in a Sippy cup at meals.

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ONLY PUT WATER IN THE BOTTLE AT BEDTIME




Providing juice or milk in a bottle at night **bathes the teeth in sugar** all night. Avoid bottles at bedtime and nap time or put water in them.

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CHEW GUM WITH XYLITOL

(BIG KIDS ONLY)

Did you know that chewing sugar-free gum with xylitol actually helps to prevent cavities? Children should generally be age 6 or older before they are offered chewing gum due to the choking risk.



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AVOID THE EMERGENCY ROOM



- The emergency room doctor cannot fix the tooth causing pain
- You may feel better but the tooth is not healed
- Your child will need to see a dentist to repair the tooth

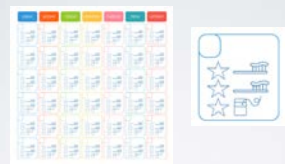
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CAREGIVER CHECKLIST

- Do you know if your tap water has fluoride in it?
- Do your children drink fluoridated tap water?
- Is your toothpaste fluoridated?
- Do your children brush 2 times per day?
- Do you brush your teeth for your child (through age 6)?
- Do you have a dental home?
- Does your doctor or dentist apply fluoride varnish?

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BRUSHING AND FLOSSING CHART



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YOUR CHILD DEPENDS ON YOU



- You are important to your child's health
- Don't be bashful
- Feel empowered
- Speak up for your child – seek a dentist for your child or ask your child's physician for help



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ORIGAMI FORTUNE TELLER EXERCISE

- Cut out the fortune teller on the dotted lines.
- Fold the paper into quarters. Unfold it.
- Fold each corner so that the point of the corner is in the center.
- Flip the paper over.
- Fold each corner so that the point of the corner is in the center.
- Fold in half
- Place your thumbs and forefingers into the four slots and bring the corners to the middle.
- Now, play the fortune teller game with a neighbor.



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WHAT QUESTIONS DO YOU HAVE?



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THANK YOU!



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