The California Children’s Dental Disease Prevention Program (CCDDPP) Oral Health Education

Sponsored By

[Logos of California Department of Health Services, Great Seal of the State of California, University of California, San Francisco]
Arnold Schwarzenegger
Governor, California

Illustrations from:
http://66.216.69.71/test/index.html http://www.eastman.ucl.ac.uk/climages
http://dentistry.about.com

Contact The Department of Health Services, Office of Oral Health at (916) 552-9896 for more information or visit www.dhs.ca.gov/oralhealth
<table>
<thead>
<tr>
<th>Baby Tooth</th>
<th>Comes in at or about</th>
</tr>
</thead>
<tbody>
<tr>
<td>Incisors</td>
<td>6 mos.</td>
</tr>
<tr>
<td>1st Molars</td>
<td>1st yr.</td>
</tr>
<tr>
<td>Canines</td>
<td>1st – 2nd yr.</td>
</tr>
<tr>
<td>2nd Molars</td>
<td>2nd yr.</td>
</tr>
</tbody>
</table>
# ERUPTION SCHEDULE - PRIMARY TEETH

## UPPER TEETH

<table>
<thead>
<tr>
<th>Tooth Type</th>
<th>Erupt</th>
<th>Shed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central Incisor</td>
<td>8-12 mo</td>
<td>6-7 yr</td>
</tr>
<tr>
<td>Lateral Incisor</td>
<td>9-13 mo</td>
<td>7-8 yr</td>
</tr>
<tr>
<td>Canine (Cuspid)</td>
<td>16-22 mo</td>
<td>10-12 yr</td>
</tr>
<tr>
<td>First Molar</td>
<td>13-19 mo</td>
<td>9-11 yr</td>
</tr>
<tr>
<td>Second Molar</td>
<td>25-33 mo</td>
<td>10-12 yr</td>
</tr>
</tbody>
</table>

## LOWER TEETH

<table>
<thead>
<tr>
<th>Tooth Type</th>
<th>Erupt</th>
<th>Shed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Molar</td>
<td>23-31 mo</td>
<td>10-12 yr</td>
</tr>
<tr>
<td>First Molar</td>
<td>14-18 mo</td>
<td>9-11 yr</td>
</tr>
<tr>
<td>Canine (Cuspid)</td>
<td>17-23 mo</td>
<td>9-12 yr</td>
</tr>
<tr>
<td>Lateral Incisor</td>
<td>10-16 mo</td>
<td>7-8 yr</td>
</tr>
<tr>
<td>Central Incisor</td>
<td>6-10 mo</td>
<td>6-7 yr</td>
</tr>
</tbody>
</table>
• This is a guide for when a child’s teeth will come in and when they will fall out.

• The lower front teeth are the first to appear in the mouth around 6 months of age,

• Followed by the upper front teeth around 8 months of age. This is just a guideline. Every child is different and you should not assume something is wrong if your child does not follow this schedule exactly.

• It is important to remember that some primary or baby teeth will remain in your child’s mouth until they are 12 years old. Good oral hygiene is important to keep these teeth healthy.

• Baby teeth are important for talking, eating and contribute to a child’s self esteem. They also hold a space in the mouth for the permanent to come in.

• Decayed baby teeth can negatively affect permanent teeth.

• A child who is in pain cannot focus on learning.

• Children normally have 20 primary / baby teeth.
**INFANT ORAL HEALTH CARE**

- Begin cleaning your child’s mouth and teeth as soon as the first tooth appears.
- Use a soft toothbrush or a soft, moist washcloth to gently clean teeth and gums at least **twice per day**.
- Lift your child’s lip regularly to look for early signs of tooth decay.
  1. Dull white area (Demineralization - when calcium and other nutrients leave the tooth - can sometimes be reversed with fluoride and proper oral hygiene.)
  2. Discolored area – brown, black on or in between teeth
- Take your child to see a dentist by their **first birthday**.
- Consult a dentist or doctor regarding the use of fluoridated toothpaste for children under 2 years of age.
EARLY CHILDHOOD CARIES

Dull White Area = Demineralization

Early Decay

Extensive Decay

Advanced Decay
• Lift the child’s lip to check for early signs of tooth decay.
• Early childhood caries (tooth decay / cavities) can be prevented by:
  ➢ Using only water in a bottle at bedtime, IF a bottle is needed.
  ➢ Asking your doctor or dentist about prescribing fluoride when your child is about 6 months old.
  ➢ Cleaning teeth and gums at least twice per day.
  ➢ Not letting baby nurse at will – follow a feeding schedule.
  ➢ Not letting baby sip on liquids all day long – limit exposure time.
  ➢ Avoiding the use of a bottle or sippy cup as a “pacifier”. Use a pacifier if needed.
  ➢ Taking your child to the dentist by their first birthday.
PERMANENT TEETH

UPPER TEETH
- Central Incisor
- Lateral Incisor
- Canine (Cuspid)
- First Bicuspid
- Second Bicuspid
- First Molar
- Second Molar
- Third Molar

Erupt
- 7-8 yr
- 8-9 yr
- 11-12 yr
- 10-11 yr
- 10-12 yr
- 6-7 yr
- 12-13 yr
- 17-21 yr

LOWER TEETH
- Third Molar
- Second Molar
- First Molar
- Second Bicuspid
- First Bicuspid
- Canine (Cuspid)
- Lateral Incisor
- Central Incisor

Erupt
- 17-21 yr
- 11-13 yr
- 6-7 yr
- 11-12 yr
- 10-12 yr
- 9-10 yr
- 7-8 yr
- 6-7 yr
• An adult normally has 32 permanent teeth.
• Your teeth are meant to last a lifetime.
• Teeth are important for eating, chewing, talking, and smiling.
• Teeth contribute to positive self-esteem in children, as well as adults.
• Children cannot learn when they are in pain.
• Proper dental hygiene and visiting a dentist regularly are important for good oral health throughout your lifetime.
DENTAL DECAY PROCESS

Bacteria / Germs + Food, Drink, Sugars, Sweets = ACID Produced

Healthy Tooth + ACID = Cavity
• You are not born with the bacteria that cause tooth decay.
• New studies have found that the bacteria/germs that cause tooth decay are passed from care-giver to child.
• Germs can be passed by sharing toothbrushes, cups, pre-testing food.
• The germs are in the plaque in our mouths.
• Plaque is the sticky film that develops in the mouth and coats the teeth.
• When we eat food, the germs feed off of the food particles left in our mouth and then produce acid as their waste product.
• Acid is deposited onto our teeth and if the acid attack is not stopped, by brushing & flossing, the acid eventually eats through the enamel and causes a hole in the tooth, a cavity.
• It does not take long for a cavity to form with repeated or continuous acid exposure.
PLAQUE + FOOD + TOOTH = ACID => DECAY
• When the acid is repeatedly deposited onto the tooth, it eats through the enamel, the outer, hard layer of the tooth. The tooth may become sensitive.

• If a dentist is not seen to stop the decay, it will get bigger and grow into the dentin, the soft, inner layer of the tooth. The tooth will become more sensitive.

• If a dentist is still not seen, the decay will grow into the pulp, the core area of the tooth where the nerves are located. The tooth can become very painful.

• It may become hard to eat, talk, concentrate and learn.

• The tooth may have to be treated and covered with a crown or possibly removed.
Dental Disease Prevention

- Use Products Containing Fluoride
- Brush at Least Twice a Day
- Floss Once a Day
- Visit Your Dentist At Least Once a Year
- Dental Sealants – A thin plastic coating placed on the biting surfaces of back teeth. Sealants create a barrier to food, bacteria and acid, helping to prevent tooth decay.

One Toothbrush Bristle Next to a Groove in a Tooth
Unsealed Tooth
Sealed Tooth
DENTAL SEALANT PLACEMENT

1. 

2. 

3. 

4.
Dental sealants protect teeth by creating a barrier to food, bacteria and acid.

1. The person sits in the dental chair.
2. Sunglasses are sometimes used to protect your eyes.
3. The top of the tooth is cleaned.
4. Cotton is used to keep the tooth dry.
5. The sealant material is painted onto the biting surface of the tooth. The material is liquid and flows into the grooves of the tooth.
6. Sometimes a bright light is shined on the tooth to make the sealant material hard. That sealant material is light sensitive, meaning that when light is shined on it, it gets hard or sets up. Some sealant materials do not need the light to set up or become hard.
7. The light machine can sound like a hair dryer.
8. The tooth now has a sealant on the biting surface to help protect it from decay.
9. The teeth may feel funny when you bite down, but that feeling will go away after a day or so.
10. Sealants help to protect the biting surfaces your teeth from decay, but you still need to brush your teeth, gums, and tongue at least twice a day and floss once.
11. Dental sealants plus fluoride can help wipe out decay.
Parts of the Tooth

- Crown
- Dentin
- Root
- Enamel
- Pulp
- Gums
- Bone
- Periodontal Tissues
• These are the parts of a tooth.

• The outer layer of the tooth is the enamel. It is the hardest substance in the human body.

• It is important to stop decay early, before it gets into the second layer of the tooth.

• The second layer is the dentin. It is much softer than enamel, but still helps to protect the tooth. Decay spreads quickly once it reaches the dentin because it is softer than enamel.

• The pulp is where the nerves and blood vessels are. These help keep the tooth alive. Because teeth have nerves, they are able to feel hot, cold and pain.

• The root is like an anchor. It is surrounded by bone. Both Help to keep teeth in the mouth.

• The gums are there to protect the root.
PERIODONTAL DISEASE

Periodontitis
- Advanced gum inflammation
- Bone loss
- Destruction of ligaments

Gingivitis
- Inflamed Gums

Plaque
• Gum disease is an infection that causes the gum tissue to bleed and / or become red and puffy.
• It can result in bone loss and eventually tooth loss.
• Gum disease can be prevented by:
  ▪ Visiting a dentist for check ups
  ▪ Having regular cleanings
  ▪ Proper brushing and flossing
GINGIVITIS
• Gingivitis is the first stage of gum disease.
• This is a picture of someone with gingivitis.
• Notice the red, puffy gums and the plaque on the teeth.
• The gums may bleed when brushed.
• Proper brushing and flossing could have prevented this.
• Good daily care and treatment in a dental office can help the teeth and gums become healthy again.
HEALTHY SMILES
• These are examples of healthy smiles.

• Protect your teeth and smile by wearing a mouth guard when playing contact sports such as football and hockey.

• Proper oral hygiene includes:

1. Brushing your teeth, gums and tongue at least twice a day
2. Flossing once a day
3. Visiting a dentist at least once a year
4. Using fluoride to help protect your teeth from decay
5. Choosing healthy foods
6. Limiting snacking between meals
BRUSHING

Ask a dental professional how to brush

- Always use a **SOFT** toothbrush
- Place toothbrush at a **45 DEGREE ANGLE**
- Brush in the **SAME PATTERN** each time
- Use a **GENTLE, CIRCULAR** motion
- Brush the **OUTSIDE, INSIDE AND BITING SURFACES** of all your teeth
- Remember to brush your **TONGUE**
- Brush for **2 minutes**
FLOSSING

Ask a dental professional to show you how to floss

- Use a piece of floss about as long as your arm. Wind each end of the floss around your middle fingers.

- Holding the floss tightly between your thumbs and forefingers, leave about an inch of floss.

- Use a gentle back and forth motion to guide the floss in between your teeth. Avoid snapping the floss, as this may cause unnecessary irritation to the gums.

- When the floss is at the gumline, curve it into an arc around each tooth until there is mild resistance.

- Holding the floss in the arc design, gently slide it up the side of the tooth, moving the floss away from the gum.

- While holding the floss firmly against the tooth, scrape the plaque from the side of the tooth (away from the gum) with an up and down motion.

- Repeat this procedure on both sides of each tooth.
FLUORIDE SOURCES

Fluoride Treatment at the Dental Office

A Prescription From Your Doctor or Dentist

Toothpaste or Mouth rinse

Community or Bottled Water
• Fluoride benefits people of all ages – children, adults and senior citizens.

• **Fluoride can be found in:**
  1. Toothpaste
  2. Mouth Rinse (Not mouth wash)
  3. The Dental Office
  4. A Fluoride Supplement Prescribed by Your Doctor or Dentist
  5. Some Community Drinking Water
  6. Some Bottled Water
  7. Fluoride Varnish

• The fluoride used in school is either a weekly fluoride mouth rinse or a daily fluoride tablet.
Fluoride makes the tooth strong on the inside and outside.
• Fluoride gets built-in into the tooth’s enamel and the tooth’s structure when it is forming to make it strong.
• Bacteria, germs and acid have a hard time getting through the strengthened enamel.
• Fluoride from toothpaste, fluoridated water or mouth rinse is left on the tooth’s surface to help protect teeth from food, bacteria and acid and to help it heal or remineralize.
• Fluoride plus dental sealants equals less tooth decay.
HEALTHY BODY, HEALTHY MOUTH

- Exercise Daily.
- Eat at Least 5 Fruits and Veggies Everyday.
- Choose Healthy Snacks.
- Limit Snacking Between Meals.
- Drink Water, Milk or 100% Juice. (NOT SODAS!!!!)
# CHOICE OF SNACKS

## HEALTHY
- Low Sugar
- Low Fat
- High Nutritional Value

## NOT SO HEALTHY
- Sugary
- Acidic
- Sticky

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>NOT SO HEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Sour Candy</td>
</tr>
<tr>
<td>Nuts</td>
<td>Chips</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Caramel</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Soda</td>
</tr>
<tr>
<td>100% Juice</td>
<td>Cookies</td>
</tr>
<tr>
<td>Popcorn</td>
<td>Lollipops</td>
</tr>
<tr>
<td>Cheese</td>
<td>Crackers</td>
</tr>
<tr>
<td>Jerky</td>
<td>Fruit Snacks</td>
</tr>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td></td>
</tr>
</tbody>
</table>
• Frequent snacking:

1. Bacteria begin producing acid as soon as you take your first drink or first bite of food. Each acid attack lasts for at least 20 minutes. Every time you take a drink or bite of food, the acid attack starts over.
2. When you sip on a drink all day long or snack throughout the day, acid attacks your teeth continuously.
3. Repeated exposure to acid causes cavities.

• You can DECREASE ACID by:

1. Brushing after meals and snacks.
2. Rinsing your mouth out with water when you cannot brush.
3. Chewing sugarless gum after meals or snacks.

***Sugarless gum containing Xylitol is even better.

• Xylitol is a sweetener used in some food, chewing gum and candy that does not promote tooth decay. Cavity causing bacteria are unable to use xylitol to produce acid. Food, gum and candy containing xylitol increases saliva flow, which helps to wash away food particles in the mouth.
PHYSICAL ACTIVITY

• Wear a mouth guard when playing contact sports.
• Adults should get 30 minutes of physical activity each day.
• Children should get 60 minutes of physical activity each day.
• Being Active:
  ➢ Increases Circulation
  ➢ Reduces Obesity
  ➢ Reduces The Risk of Diabetes
  ➢ Helps Prevent Heart Disease
  ➢ Team Sports = Friendships
INJURY PREVENTION

- Always wear a mouth guard and a helmet when participating in contact sports.
- Wear a helmet when riding a bike, roller skating or skateboarding.
- Do not use your teeth to open cans, bottles, bags, etc.
- Chewing ice can damage teeth.
- Never hit or push a playmate.
Shared Germs = Shared Dental Decay

Caregiver

Healthy Baby Teeth

Cavities / Decay
• If you have had a cavity, you carry the bacteria that causes dental decay and can pass it on.
• Children can get the bacteria as soon as they are born.
• Bacteria can be transferred from a caregiver or older sibling.
• Bacteria can be passed by sharing saliva.
• Avoid Sharing:
  - Toothbrushes
  - Utensils (forks, spoons)
  - Cups
  - Straws
• Avoid pre-testing baby’s food.
• Clean pacifiers with water, not saliva.
• Parents – have current dental decay treated.
• Share love, not saliva and germs.
DENTAL EMERGENCIES

1. Remain Calm
2. Reinsert Fast
   or
3. Place in Milk
4. See Dentist
FIRST AID

If a tooth is knocked out of the mouth:

• If the tooth is dirty, rinse it in the person’s saliva or in milk
• Put the tooth back in place as quickly as possible
• Hold the tooth in position
• If the tooth can not be reinserted, store it in milk
• Go to a dentist immediately

Do Not

• Scrub the tooth clean
• Touch the roots
• Let the tooth dry out
• Store it in water