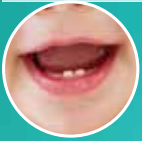


Ora Health

DIFFERENT
Ages
DIFFERENT
Stages





Message from the Oral Health Director



Dear Reader,

Thank you for taking the time to learn more about your child's developing teeth. Good oral health is important for children as they grow. Healthy teeth are necessary for helping develop good speech, healthy eating habits and social skills.

The Region of Durham supports the efforts of all residents to have good oral health. Through our partnerships with the Provincial Government and Durham Region Social Services we are able to help many people access oral health care. The following programs are available to help:

Healthy Smiles Ontario (HSO Core)

Healthy Smiles Ontario is a government-funded dental program that provides free preventive, routine, and emergency dental services for children and youth up to 17 years of age, from low-income households.

There is an application process that involves completing and mailing a form. Application forms are available online at Ontario.ca/healthysmiles or at the Durham Region Health Department, Oral Health Division. We will help navigate you through this process. Having dental insurance does not exclude families from using HSO. Recipients of HSO can access dental care at the Durham Region Health Department, Oral Health Clinic or at a private practice.

HSO Emergency and Essential Services (HSO EESS)

If a family does not qualify for the HSO Core stream, but has a child with a dental problem, they can receive assistance for one year through HSO emergency and essential services stream. For a child to qualify they must be identified with a clinical need by an oral health professional, and the parent or guardian must declare financial hardship.

HSO Preventive Services Only (HSO PSO)

Children identified by Public Health staff as needing preventive care, and who do not have other dental problems, are eligible to receive free preventive services such as cleanings, pit and fissure sealants and fluoride treatments at the Durham Region Health Department, Oral Health Clinic.

Emergency dental coverage is available to Ontario Works adults. You should contact your case worker for more information.

We hope that you find this booklet helpful. We encourage you to keep it as a handy resource.

Remember a healthy mouth means a healthy you!

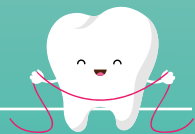
Dr. Patricia L. Abbey, BSc, DDS, MSc, DDPH, Director, Oral Health Division

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Why is Oral Health Important?

“A Healthy Mouth means a Healthy You”.

In 2000, the Surgeon General in the United States wrote the first ever report on Oral Health in America. He said:

“Oral health is integral to general health. You cannot be healthy without oral health. Oral health and general health should not be interpreted as separate entities.

Oral diseases are progressive and cumulative and become more complex over time. They can affect our ability to eat, the foods we choose, how we look and the way we communicate. These diseases can affect economic productivity and compromise our ability to work at home, at school or on the job.”

Healthy teeth and gums are important as your child grows.

- Cavities are the most common, chronic disease of early childhood.
- Oral diseases are infectious, progressive, often painful and expensive to treat.
- Poor oral health has been linked to diabetes, heart disease and other long-term health problems in adults.



Healthy smiles Ontario



**Did you know that children
as young as one year of age
should start seeing a dentist?**

Prevent cavities and oral health problems
before they start. Apply online.

FREE

**DENTAL PROGRAM FOR ELIGIBLE CHILDREN
AND YOUTH 17 AND UNDER.**

Please call to see if your family qualifies.



HEALTH
DEPARTMENT

Oral Health Division
905-723-1365 or
1-866-853-1326
durham.ca/oralhealth

ontario.ca/healthysmiles 1-844-296-6306 TTY 1-800-387-5559

TAKING CARE OF YOUR CHILD'S TEETH



Brush Your Child's Teeth Every Day

2 FOR 2 IS WHAT YOU DO . . .

- Brush your child's teeth for two minutes twice a day (morning and bedtime) to remove plaque.
- Bedtime is the most important time to brush to help prevent cavities.
- Use a manual or power toothbrush with soft bristles.
- Use toothpaste that contains fluoride and is recommended by the Canadian Dental Association.
- Only use fluoridated toothpaste when a child is able to spit it out (about three years of age).
- Move the brush in a small circular motion over the teeth and gums.
- Brush the outside, inside and chewing surfaces of the teeth.
- Gently brush the tongue to remove any germs and to make your child's mouth feel fresh.



0-3 years of age:
brush with water only



3-5 years of age:
use a smear the size
of a grain of rice



**5 years of age
and up:** use a
pea-sized amount

Floss Your Child's Teeth Every Day

- Floss at least once a day to clean between the teeth and under the gums.
- Use a piece of floss about 45cm (18 inches) long and wrap it around the middle finger of each hand until you have no more than 2.5cm (1 inch) in length between them.
- With the thumb and index finger of each hand, guide the floss gently and carefully between each tooth using a back-and-forth motion until it passes through the tight contact.
- Curve the floss into a C-shape around each tooth and slip it under the gum line.
- Slide it up and down the side of the tooth.
- Move the floss to the side of the next tooth and repeat.
- Remove the floss and repeat the above steps for each tooth using a clean section of floss.
- Let your child practice these new skills, but remember as the adult, you are the one to do the job effectively!



Fluoride

Fluoride is a naturally occurring substance found in soil, air and water. It helps prevent cavities by strengthening the enamel (outer layer) of the tooth. The four main sources of fluoride are found in tap water (some bottled water), many toothpastes, rinses and professionally applied fluoride. Fluoride is also found in many foods.

Community Water Fluoridation (CWF) (Tap Water)

- Durham Region supports CWF as a safe, effective and low cost way of preventing cavities for everyone in the community.
- Every dollar spent on CWF results in significant financial savings of dental costs to families.
- The water in Durham Region is fluoridated at the provincial standard of 0.5-0.8 ppm.
- Areas in Durham Region with fluoridated water include:
 - Pickering
 - Ajax
 - Whitby
 - Brooklin
 - Oshawa
 - Courtice



Fluoridated Toothpaste

The use of toothpaste that contains fluoride is recommended for children once they can spit out (about three years of age).

Professionally Applied Topical Fluoride

Your dental professional will review all sources of fluoride that your child is receiving. Fluoride is usually recommended by your dental professional during the years of tooth development and eruption (2-14 years of age) to prevent tooth decay.

Talk to your dental professional about the facts on fluoride if you have any concerns.



Cavity Connection

Cavities occur when the sugar in snacks and drinks combine with bacteria in the mouth to create an acid. This acid attacks the teeth and over time, can cause cavities.

- Cavities are NOT normal and can be avoided.
- Cavities are the most common chronic disease in children.
- Plaque starts as a clear film on teeth and continues to grow day and night.
- Plaque is made up of food debris, cells from the mouth, and bacteria.
- These bacteria cause cavities and gum disease.
- Oral diseases are infectious.
- Plaque can be removed by careful brushing and flossing.

There is no such thing as “Soft Teeth”. Many people believe that they suffer from cavities because they have “soft teeth”. While family history is important, most cavities develop because people eat too much sugar and do not thoroughly brush and floss their teeth.





TAKING CARE of YOUR CHILD'S TEETH

If Your Child has an Urgent Dental Need

Consider taking your child to the dentist immediately if you think any of these problems could be related to their teeth:

- Cavities and gum disease
- Pain
- Infection
- Loss of teeth
- Poor nutrition
- Lack of sleep
- Loss of body weight
- Prolonged infection and/or swelling
- Difficulty learning and communicating
- Poor self-esteem
- Anything that appears unusual



Children with poor oral health tend to struggle in school, may lack self-esteem and may have less success later in life.

HEALTHY DENTAL SNACKING



Fruits

- Apples
- Kiwi
- Bananas
- Persimmons
- Berries
- Grapes
- Oranges
- Mangos



Too Frien Snac

Proteins

- Cheese
- Yogurt
- Eggs
- Tofu
- Seafood
- Seeds
- Nuts
- Hummus



Whole Grain products

- Whole Grain Breads
- Whole Grain Bagels
- Whole Grain Flat Bread
- Cooked Brown Rice
- Bulgur or Quinoa
- Whole Grain Cereal
- Cooked Whole Grain Pasta or Couscous
- Plain Popcorn



Vegetables

- Carrots
- Cucumber
- Broccoli
- Peppers
- Tomatoes
- Cauliflower



Liquid Sugars - the Unhealthy Addiction!

- Choose drinks with the least amount of sugar.
- Children should not be given pop or energy drinks.
- Sugary drinks can lead to tooth decay (cavities) and obesity.
- 100% juice contains vitamins and minerals and is a healthier choice than fruit punches and cocktails. However, all juice should be limited as they have as much sugar as pop.
- Sport drinks were developed to help you recover from strenuous exercise. They should not be used as regular thirst quenchers because they are high in sugar, calories and chemicals.
- Pop is mainly water, sugar and caffeine. It has no nutritional value and should not be consumed.
- Sugar comes in many disguises - dextrose, glucose, fructose, lactose, maltose, corn syrup, maple sugar and honey. If any of these are the first or second ingredients listed on the drink label the drink is high in sugar.
- Water is sugar free and a great way to quench your thirst.
- Milk is a great drink that is loaded with vitamins and minerals. The calcium and vitamin D in milk will build strong teeth and bones in growing children.
- The Nutrition Facts label will show you how much sugar is in your drink.

4 grams of sugar = 1 teaspoon !

Nutrition Facts		Valeur nutritive	
Per 591 mL / par 591 mL			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	150		
Fat / Lipides	0 g	0%	
Sodium / Sodium	250 mg	11%	
Potassium / Potassium	65 mg	2%	
Carbohydrate / Glucides	38 g	13%	
	Sugars / Sucres 35 g		
Protein / Protéines	0 g		
Not a significant source of saturated fat, trans fat, cholesterol, fibre, vitamin A, vitamin C, calcium or iron.			
Source négligeable de lipides saturés, lipides trans, cholestérol, fibres, vitamine A, vitamine C, calcium et fer.			

DRINK	SIZE	SUGAR grams=g teaspoons=tsp
Water	500 ml	0
White Milk	250 ml	11g = 3 tsp
Chocolate Milk	250 ml	25g = 6 tsp
Juice Boxes (100% real juice, punch, cocktail)	200 ml	20-23g = 5-6 tsp
Vitamin water	591 ml	32g = 8 tsp
Specialty/Iced Coffees	710 ml	32-47g = 8-12 tsp
Sport Drinks	710 ml	39g = 10 tsp
Can of Pop	355 ml	40g = 10 tsp
Energy Drinks	473 ml	54-59g = 14-15 tsp
Flavoured Drinks (iced teas, lemonades)	691 ml	68g = 17 tsp
Flavoured Frozen Drinks	1000 ml	108g = 27 tsp

Re-think your drink!

To help
prevent
cavities
choose
drinks low
in sugar

Satisfy your
thirst choose
water first!
Refill your water
bottle.



**Sugar
free!**

Healthy Dental Snacking

Give your child nutritious meals and snacks that will develop strong bodies and healthy teeth.

- Choosing a variety of different foods Canada's Food Guide will help your children achieve proper growth and overall health.
- Eating a nutritious breakfast is a great start to your child's day. Try cereals that are low in sugar, whole grain breads, fresh fruit, yogurt, milk, cheese or eggs.
- Snacks that are nutritious, sugar-free, and do not stick to your child's teeth are the best dental snacks.
- Research shows that eating cheese may help prevent tooth decay.

Healthy Lunches And Snacks For School

- Involve your child in planning their lunches and snacks.
- Keep it interesting. Offer your child a selection of nutritious food choices and let them pick their favourites.
- Avoid sending your child to school with sugary and sticky foods.
- Introduce new foods at home, instead of in their lunch bag.

Note: Be aware of allergy restrictions in schools and daycares.

Need Help Planning Healthy Meals and Snacks?

visit <https://www.durham.ca/en/health-and-wellness/healthy-eating.aspx>

Refer to Health Canada Food Guide for more recommendations

www.healthcanada.gc.ca/foodguide



DENTAL EMERGENCIES



Dental Emergencies

Your child is growing and changing every day - crawling, walking and running. Along with these new milestones, bruises, bumps, and accidents can occur. To help avoid dental accidents use safety gates and put corner guards on furniture and never allow your child to walk or run with anything in their mouth.

The following is a guide to help you deal with a dental emergency.

Toothache

- **If swelling occurs, place a cold compress on the face next to the sore tooth and go to the dentist. Swelling could be serious if left untreated.**
- **DO NOT** use heat as this can increase swelling and pain.
- **DO NOT** place aspirin, other pain relievers or numbing gels on gum tissue around the sore tooth.
- Take the child to the dentist immediately.

Knocked-Out Tooth

Check to see if the child has any serious injuries.

- If it is a baby tooth, apply pressure to the injured site to control bleeding and see a dentist as soon as possible (a child under five years will probably not have adult teeth).

If a permanent tooth is knocked out, it may be saved.

- If the tooth is dirty, rinse it with milk (or water if milk is not available), do not wipe it. Carefully insert the tooth back into its socket. Make sure it is facing the right way.
- If you cannot replace the tooth in the socket, keep the tooth moist by placing it in a container of milk.
- See a dentist immediately.

Broken, Chipped or Bumped Tooth

Check to see if the child has any serious injuries.

- Apply pressure to the injured site to control any bleeding. Gently clean any dirt from the injured area using warm water.
- Place a cold compress on the face in the area next to the injured tooth.
- If the tooth has moved or is pushed into the gum tissue, do not attempt to put it back into position.
- See a dentist immediately.

Bite on Tongue or Lip

- The face and mouth can bleed a lot. Do not be alarmed.
- Apply direct pressure to the affected area with a clean, cold cloth to reduce any bleeding or swelling.
- If bleeding persists or the bite is severe, seek medical attention.

Orthodontics (Braces and Retainers)

- If a wire is causing irritation, cover the end of the wire with a small cotton ball, wax or a small piece of gauze.
- If a wire is embedded in the cheek, tongue or gum tissue, do not attempt to remove it.
- See your orthodontist as soon as possible.

Possible Fractured Jaw

- Seek medical attention immediately.

Lost Filling

- Keep the area clean.
- See a dentist as soon as possible.

Mouthguards

A mouthguard is a plastic device that fits over the upper teeth. It is worn to help prevent injuries to the teeth, lips, cheeks and tongue. It may also help protect against a jaw fracture.

Mouthguards should be worn by anyone who plays sports or any recreational activity that might pose a risk to the mouth or head area.

There are three types of mouthguards:

Custom-made: This is made from an impression taken of your mouth by a dental professional.

Boil and Bite: This type is softened in boiling water, then inserted and allowed to adapt to the shape of your mouth.

Ready to Wear: These are inexpensive and come pre-formed, ready to wear and they often don't fit well.

Durham Region Oral Health Division endorses the use of custom-made mouthguards.



Mouthguard Care

- Chewing on a mouthguard will affect the fit and possibly damage or decrease its effectiveness.
- Check the condition of the mouthguard occasionally and replace it if it has holes, or tears, becomes loose, or irritates your teeth or gums.
- Rinse the mouthguard with cold water before and after each use. Avoid hot water as it may change the shape of the mouthguard.
- A mouthguard should be cleaned regularly to remove bacteria and plaque that can build up on the appliance. Brush it with toothpaste or cool, soapy water and rinse thoroughly.
- Store and transport your mouthguard in a perforated plastic container to prevent loss or damage and permit air circulation. Do not close the container until the mouthguard is dry.
- Do not share your mouthguard with others.



A mouthguard is an essential piece of athletic gear and should be worn whether it is for fun or competition.



Oral Health and Pregnancy

As early as 6 weeks into your pregnancy your baby's primary teeth are beginning to grow. Looking after your oral health and eating nutritious foods is very important for both you and your baby. Research has linked gum disease in pregnant women to an increased risk of premature or low birth weight babies. It is essential to maintain regular dental visits during your pregnancy.

Good oral health care is very important during your pregnancy. Schedule routine dental exams and cleanings to maintain healthy gums and teeth. Changes in hormones during pregnancy can make the gums react to plaque, causing pregnancy gingivitis. Symptoms can include gums that bleed easily or appear red and swollen. To prevent gingivitis, brush your teeth at least two times a day and floss daily. Your gums usually return to normal following the birth of your baby. If not, contact your dental professional with any concerns regarding the health of your mouth or if your symptoms worsen.

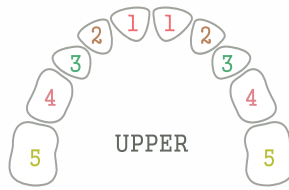
If you are experiencing frequent vomiting, it is best to rinse your mouth with water to prevent stomach acids from damaging your teeth. Your dental professional may recommend fluoride as an option to prevent tooth erosion.

Smoking while pregnant can have many serious side effects on your unborn child. A condition called cleft lip and palate can result and may require several surgeries to correct.

Eruption Chart

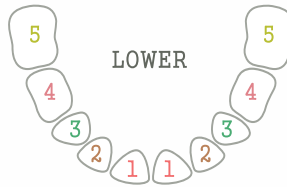
This is a guideline only. Your child's teeth may "come in" and "fall out" at different times

20 baby teeth



UPPER

- 1 8-12 MONTHS
- 2 9-13 MONTHS
- 3 16-22 MONTHS
- 4 13-19 MONTHS
- 5 25-33 MONTHS

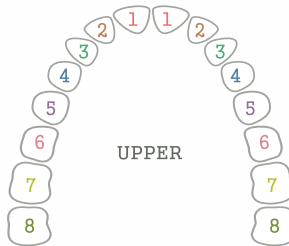


LOWER

- 1 6-10 MONTHS
- 2 10-16 MONTHS
- 3 17-23 MONTHS
- 4 14-18 MONTHS
- 5 23-31 MONTHS

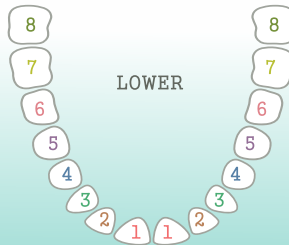
32 adult teeth

(including wisdom teeth)



UPPER

- 1 7-8 YEARS
- 2 8-9 YEARS
- 3 11-12 YEARS
- 4 10-11 YEARS
- 5 10-12 YEARS
- 6 6-7 YEARS
- 7 12-13 YEARS
- 8 17-21 YEARS



LOWER

- 1 6-7 YEARS
- 2 7-8 YEARS
- 3 9-10 YEARS
- 4 10-12 YEARS
- 5 11-12 YEARS
- 6 6-7 YEARS
- 7 11-13 YEARS
- 8 17-21 YEARS

DIFFERENT AGES DIFFERENT STAGES





Birth to 12 Months



Between 0 to 12 months there will be many changes in your baby's mouth. Daily mouth care from birth develops good oral health and helps your baby's mouth feel fresh.

Cleaning Your Baby's Mouth

- Cleaning your baby's mouth each morning and night starts a good oral health routine.
- Wipe your baby's gums, tongue and cheeks with gauze or a soft, wet, clean washcloth. Simply wrap the cloth or gauze around your index finger and rub gently.
- If your child falls asleep at the breast or with a bottle, it is recommended to dab the inside of the mouth to remove excess milk before settling them to sleep.
- When the first tooth appears you can begin to use a small, soft bristled toothbrush with water only.
- The first tooth may appear around six to seven months of age. This is the beginning of the teething process.



BIRTH TO 12 MONTHS

Helping Your Baby Through Teething

- Offer a cooled (in the refrigerator) teething ring that does not contain liquid.
- Offer a clean, damp, cooled washcloth to chew on.
- Massage gums with your clean finger or baby washcloth.
- **DO NOT** use teething gels or ointments as they contain medicines that may harm your baby.
- **DO NOT** offer teething biscuits as they contain sugar and could be a choking hazard.

Teething is a natural process. It is when your child's teeth push their way through the gums. Your child will develop 20 baby teeth (also known as primary teeth) and should have them all by two or three years of age. There is no exact answer or time frame for how long a child will go through the teething process as every child is different.



Some children may not have any symptoms or discomfort related to teething. High fever, severe diarrhea and vomiting are NOT common symptoms of teething. If this occurs take your child to their doctor.

Signs and Symptoms of Teething:

Difficulty sleeping

Irritability

Drooling

Loss of appetite

Sore and swollen gums

Rash on chin and cheeks

Blanching of the gum tissue

A desire to chew on things

BIRTH TO 12 MONTHS

Thumb Sucking

- Sucking is a natural urge which is comforting and calming.
- Thumb sucking usually stops by 4-5 years of age.
- If this habit continues after the permanent teeth have erupted it could affect the positioning of your child's teeth or jaw.
- You should seek the advice of a dental professional if you have any concerns.



Pacifiers

If you have made an informed decision to use a pacifier:

- Choose a pacifier that is the right size for your child's mouth.
- Use an approved pacifier that meets safety standards.
- Wash with soap and water before first use and on a regular basis.
- Check often for signs of wear and replace the pacifier if it is sticky, cracked or torn.
- **NEVER** clean a pacifier in your own mouth. This could spread bacteria.
- **NEVER** attach a string to a pacifier – use an approved clip.
- **NEVER** dip a pacifier in sugar, honey or anything sweet. This could cause cavities.

Bottles & Sippy Cups

- If your child needs a bottle to fall asleep, fill it with water only.
- Wean your child from the bottle by 12 to 14 months of age.
- Sippy cups are not recommended for use.
- **NEVER** let your child use the bottle as a pacifier.

Introducing Your Child to a Cup

- Start giving your child a cup at approximately 6 months of age or when your child is able to sit up.
- Frequent drinking or sipping on milk, juice or anything sweetened with sugar could cause cavities.
- **DO NOT** substitute a bottle with a sippy cup.

Snacking

- Frequency and types of snacks play an important role in oral health.
- Sweet and sticky snacks are a major contributor to cavities.
- Frequent snacking can also lead to cavities.
- Encourage healthy choices such as cheese, vegetables, fruit and yogurt.
- If your child needs a drink between meals, water is best.



Early Childhood Caries (Cavities)



- Decay that occurs in very young children (up to four years of age) and as early as the erupting first tooth is called Early Childhood Caries.
- Cavities occur when liquids containing sugar are left in the mouth for a long time and the teeth are not cleaned.
- These liquids include breast milk, formulas, milk, fruit juice, sweetened tea, soft drinks and many others.
- Early cavities start on the top front teeth. Look for chalky white or brown spots on the front and back of the teeth.

How to Prevent It

Babies do not have cavity causing bacteria at birth. To avoid giving your baby these bacteria, **DO NOT** share utensils or put pacifiers in your mouth to clean. Use clean utensils when testing the temperature of your baby's food.

- If you choose to provide your baby with a bottle at bedtime, fill with **water only**. If your baby stops sucking or falls asleep during breastfeeding or bottle feeding, wipe the excess milk from their teeth and mouth.
- When baby is able to sit up alone, start to teach them to drink from an unbreakable, regular cup.
- Most liquid medications are available sugar-free. If not available, clean your baby's mouth after giving the medication.
- Many babies never use a pacifier. If you have chosen to give your baby a pacifier, never dip it in honey or other sweets, or use your mouth/saliva to clean it.

Lift the Lip

- Once a month, lift your child's lip and look for chalky white or brown spots on the front and back of their upper front teeth. This could be the start of Early Childhood Caries (Cavities).
- If you notice anything unusual, take your child to a dentist or call the Durham Region Health Department, Oral Health Clinic.

Babies can develop cavities as soon as teeth erupt.



BIRTH TO 12 MONTHS

12 to 24 Months

Most of your child's baby teeth should have erupted by 24 months. Give your child the gift of healthy teeth for life with daily brushing, nutritious meals, snacks and drinks.

Cleaning Your Child's Mouth

- Continue daily cleaning of your child's mouth.
- Brush twice a day, especially after your baby's night-time feeding.
- Brush in a circular motion to clean all tooth surfaces and gums to remove plaque.
- You should be using a small, soft bristled toothbrush.
- Use **WATER ONLY** on the toothbrush until your child can spit out.

First Dental Visit

- Looking after your child's teeth once they erupt is important.
- Take your child to the dentist by their first birthday or within six months of eruption of their first tooth.
- The first dental visit should be fun, informative and inviting. The dentist will look at your child's eruption of their teeth and answer any questions.
- Starting dental visits early will teach your child the importance of good oral health care.
- Your dental professional can provide advice about future visits.



2 to 5 Years



Healthy baby teeth are extremely important for eating, smiling, talking and keeping the space for adult teeth. By this age your child should have all of their primary teeth.

Home Care

- Brush your child's teeth for two minutes twice a day (morning and bedtime).
- Bedtime is the most important time to brush to prevent cavities.
- Begin to use fluoridated toothpaste when your child can spit out.
- **NEVER** let your child swallow or eat toothpaste.
- Use a soft bristled toothbrush with a smear of toothpaste the size of a grain of rice.
- Daily flossing of your child's teeth is important.



12 to 24 MONTHS / 2 to 5 YEARS

Regular dental visits are important to maintain good oral health.

6 Years and up

Your child will experience many changes during these years. Their baby teeth will fall out and their adult teeth will grow in. Adult teeth are usually larger and more yellow in colour than baby teeth. This can be an awkward stage because their teeth may not look ideal due to crowding.

Remember, their jaw is still growing!

- The first baby tooth to be lost is usually a lower front tooth at around six years of age.
- Don't be surprised when only the top of the tooth (the crown) falls out. The roots have disappeared.
- Adult teeth will continue to erupt into their teens. Some children may experience discomfort.
- Encourage your child to keep the area clean even when the tooth is wiggly.
- **SOMETIMES** the adult tooth will come in before the baby tooth has fallen out. **DO NOT WORRY!** The baby tooth normally falls out within a few weeks and the adult tooth will usually slip into the space.
- Children should be encouraged to wiggle the baby tooth until it falls out (be sure their hands are clean). Usually it is not necessary for your dentist to remove baby teeth.



Brushing/Flossing

- Your child will continue to need your help with brushing until 8 or 9 years of age.
- Use a pea-sized amount of fluoridated toothpaste
- Flossing is a more difficult task. Children will need their parents help until the child can floss effectively on their own.

Permanent (Adult) Teeth

- The first adult tooth to appear is usually a lower front tooth at around six years of age. The first adult **molar** to erupt is called the “six year molar”. It erupts **behind** the last baby molar and it does not replace a baby tooth.
- Consult your dental professional to identify if your child would benefit from pit & fissure sealants.
- At approximately 12 or 13 years of age, most children have lost all of their baby teeth and will have a full set of adult teeth. There are a total of 32 permanent teeth. The last four molars to erupt are known as wisdom teeth, which usually emerge between the ages of 17 and 21.



6 YEARS and up

Pit and Fissure Sealants

- Sealants are a strong, plastic, clear or tooth-coloured coating that is applied to the chewing surfaces of permanent back teeth.
- Acts as a barrier, protecting the enamel from decay.
- Quick, easy and painless to apply.
- No drilling or freezing is required.
- They can wear over time, and sometimes need to be replaced.

Silver Diamine Fluoride (SDF)

- Is a clear antimicrobial liquid that is applied to cavities with a small brush.
- It stops cavities from growing and spreading.
- SDF stains the cavity brown or black. It does not stain healthy teeth.
- It is a painless, inexpensive, quick procedure that does not require drilling or freezing.
- Reapplication may be needed.
- For more information consult your dentist.



Orthodontics (Braces)

- As your child continues to grow, the appearance of their teeth will continue to change.
- Some children will need to see an Orthodontist to correct teeth and jaws that do not fit together properly.
- Ask their dentist for a recommendation.



Wisdom teeth

- Wisdom teeth (third molars) are the last permanent teeth to erupt in the mouth behind the 12 year old molars. Many people do not have enough room in their mouth for them to grow in.
- They usually come in between 17 to 21 years of age.
- Wisdom teeth may grow sideways, come in only part way or remain trapped under the bone and gums (impacted).
- Some people never grow wisdom teeth.
- Your dentist may recommend removing them because they may cause infection, pain, and damage the other teeth.

6 YEARS and up

Do's and Don'ts for a Great Smile

Do . . .

- **Lift the lip.** Once a month check your baby's teeth for white or brown spots and anything unusual. Take your child to their dentist if you have a concern.
- **Brush your child's teeth.** At least twice a day and especially at bedtime.
- **Floss their teeth every day.** Parents need to assist younger children.
- **Visit the dentist regularly.** Babies should have their first visit by their first birthday with continued visits as recommended by their dental professional.
- **Choose healthy food/drinks for meals and snacks.**
- Ensure your child **wears a mouthguard** while playing sports.

Don't . . .

- **Put your child to bed with a bottle or sippy cup.** If necessary provide only plain water.
- **Put sugary liquids such as pop, fruit drinks and sweetened milk in a bottle or sippy cup.**
- **Share germs.** Cavities are caused by bacteria (germs). These germs are passed to babies through saliva. Avoid sharing toothbrushes, utensils and **DO NOT** place baby's pacifier in your mouth.
- **Let your child's dental problem go untreated.**

Additional Resources

For additional information please see the following websites:

Region of Durham
www.durham.ca

Ontario Association for Public Health Dentistry (OAPHD)
www.oaphd.on.ca

Hospital for Sick Children
www.sickkids.on.ca

About Kids Health Canada
www.aboutkidshealth.ca

Canadian Dental Association (CDA)
www.cda-adc.ca

Canadian Dental Hygienist Association (CDHA)
www.cdha.ca

American Dental Association (ADA)
www.ada.org

Health Canada Food Guide
www.healthcanada.gc.ca



ADDITIONAL RESOURCES

Emergency Numbers

Family Dentist:

Name: _____

Number: _____

Family Doctor:

Name: _____

Number: _____

Telehealth Ontario Info Line: 1-866-797-0000

Durham Health Connection Line: 1-800-841-2729

Poison Control: 1-800-268-9017

Hospital for Sick Children: 416-813-1500

Other:

Name: _____

Number: _____

Name: _____

Number: _____





Name: _____

Number: _____

Healthy Mouth
Healthy YOU



HEALTH
DEPARTMENT

Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/oralhealth    

If you require this information in an accessible format,
contact 1-800-841-2729.

