

Why Brush

Food particles & bacteria form a sticky substance called plaque on teeth. Bacteria in the plaque make acid that eats away the tooth's enamel and this causes tooth decay. Brushing keeps plaque from forming thereby keeping the teeth clean & healthy.



Don't Forget Flossing

Flossing removes bacteria & plaque from inner and in-between surfaces of teeth where a brush cannot reach.

Baby Bottle Tooth Decay

This condition is caused by frequent and prolonged exposure of baby's teeth to juice, sweetened liquids & milk including breastmilk. Improper nursing either breast or bottle feeding can cause severe decay of baby's first teeth. Almost any liquid except plain water contains sugar which can be converted into acid in the mouth. This acid causes tooth decay called nursing caries. Also food & drinks containing any type of sugar can cause tooth decay, the longer and more often foods & drinks are on the teeth the greater the risk of decay.

Preventing Baby Bottle Tooth Decay

- Do not permit your child to nurse passively on the breast or bottle while sleeping.
- Do encourage your baby to use a beaker or cup as soon as he can (usually at about 6 months) and in any case as soon as the first tooth appears.
- Try not to use a bottle as a pacifier. However if you must use a bottle to calm your baby at sleep time, fill it only with water.
- Do not add sugar or any solids to your baby's bottle or dip the teat or pacifier into sweet substances such as honey, jam etc.
- Do not leave your baby sipping from a bottle or cup for long periods. Encourage him to drink what is needed and discard the rest.
- Your child should be weaned from breast / bottle to a cup and solid foods introduced in his/her diet by 1st birthday. This is a critical time in teaching your child to eat healthy foods.
- Do not use bottle after 12 months unless advised by a health professional.

For appointments contact:

DENTAL DEPARTMENT ▶ +91 22 2656 8019 / 8078



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**Healthy Snacking
for
Healthy Teeth**



Healthy Snacking

- Offer your child a well balanced diet with a variety of foods.
- Cut down on high sugar snacks & offer diet low in sugar like vegetables, cheese & salads, but healthy & natural sugars like banana, milk etc. should not be avoided.
- Control the amount of sugar added in your child's diet.
- Sugary items like mithai and chocolates should be served during meal times & not in between meals.
- Avoid soft and sticky sweets like toffee, dry fruits, bread & also don't give sugar rich foods like hard candies, lollipops, chikki etc.
- If your child needs medicine ask if sugar free variety is available. Also sugar free chewing gum should be used in place of regular chewing gum.

Snack Facts & Good Food

- When properly selected, snacks are an excellent source of nutrition & energy that children need. Starch & sugar containing foods are nutritious when eaten during proper meals but as snacks they play a major role in tooth decay. Because of frequent snacks the bacteria in the mouth remain active for long periods. During sleep the salivary flow is reduced hence snacks at bedtime are dangerous because bits of food still remain in the mouth till brush time next day.

Vital Information On Snacks

- **Foods that are high in nutrition & dentally healthy:** Fresh fruits, green & raw vegetables, eggs, meat, yogurt, dry roasted nuts, whole grains bread, beans, upma, chapatti, cheese, etc.
- **Food that are good in nutrition but poor for teeth:** Ice cream, milk shakes, dry fruits, raisins, pudding cereals, etc.
- **Foods that are nutritionally & dentally least desirable:** Chips, cakes, chocolates, toffee, cracker, biscuits, chikki, etc.

Brush Up On Dental Care

- Children should brush their teeth atleast twice a day. For children under 6 years select a child-size toothbrush with soft bristles that will be gentle to the gums. Replace toothbrushes every three months or after a cold or other infection or when the bristles looked frayed & worn. For a child under 18 months old, wipe the teeth with a damp gauze pad or wash cloth and a small dab of a toothpaste. For a child of 18 months to 3 years, control the amount of toothpaste used by applying it to the toothbrush yourself.
- Supervise your child to ensure that he or she is brushing the sides and biting surfaces of all teeth. Continue to



supervise until you're confident your child can do a thorough job alone.

- Have your child rinse his or her mouth with water without swallowing any toothpaste.
- Let your youngster watch you brush your teeth & encourage imitation.
- Set up a reward system for regular brushing.
- Remember to choose an Indian Dental Association approved fluoride toothpaste.

Benefits Of Fluoride

Fluoride from toothpaste gets incorporated into the enamel as a result of regular brushing. This makes enamel stronger, resistant to plaque & bacteria and less prone to cavities compared to non-fluoride toothpaste.

BRUSHING AND FLOSSING

Brushing & flossing every day will help keep your child's teeth and gums healthy and cavity free. Its never too early for good dental care & remember your child can grow up cavity free. Start by caring for your baby's teeth. As he or she grows teach your child the best possible tooth care & don't forget that healthy teeth require regular visits to your Pediatric Dentist.

