



# Risk-Based Disease Prevention and Management of Early Childhood Caries (ECC)

*A partnership between families  
and care providers*

## **FLIPCHART**

*for Primary Care Oral Health Educators*



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# How does a CAVITY form?



**CARBOHYDRATES**  
(starches and sugars)



**Bacteria**  
(from plaque)



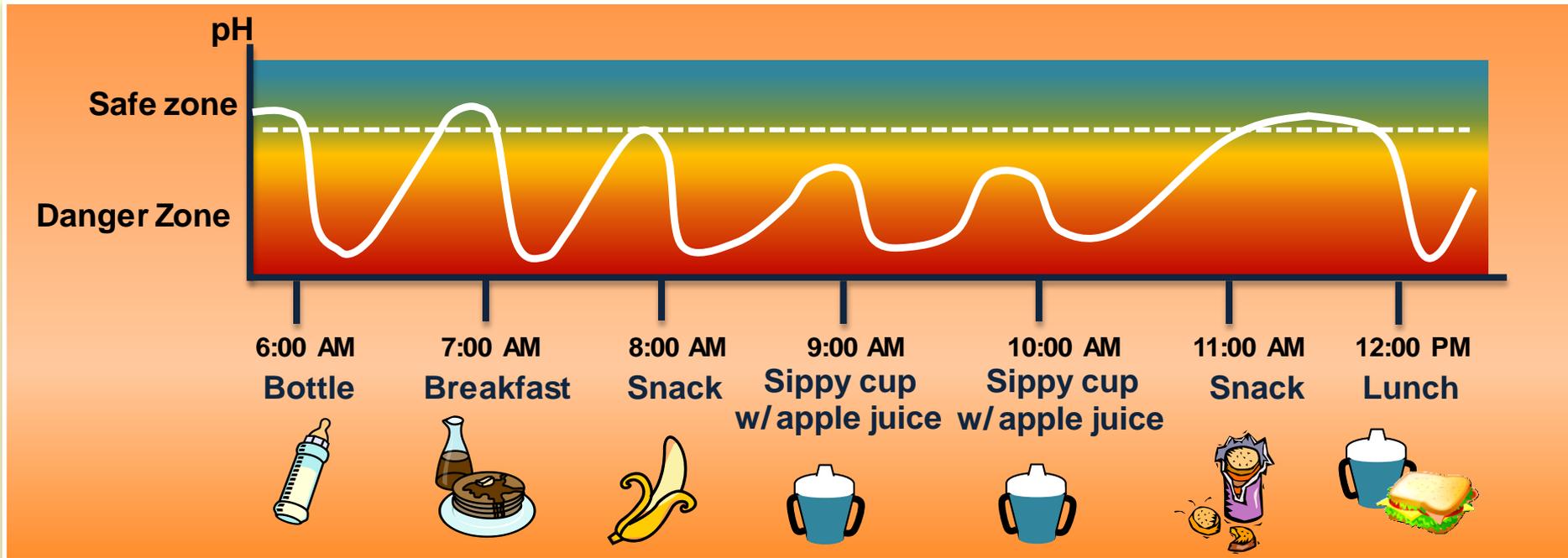
**HEALTHY TOOTH**



**CAVITY!!!**

# Why Do Cavities Form?

It's not just **WHAT**, but **HOW**, and **HOW OFTEN** !



After a starchy or sugary snack, **bacteria** in our mouth make **acids** that last for **20-40 minutes** after.

The more often we eat or drink sugars or starches, the **greater the risk** for **cavities** to form (danger zone).

**Saliva** has substances that can decrease the acid made by the bacteria. It also helps wash away food and plaque from teeth and decrease the chance of cavities forming.

# Early Childhood Cavities



**Normal Healthy  
Primary Teeth**



**Chalky  
White Spots**



**Brown Spots**



**Severe cavities  
(Decay)**





# Preventing Cavities is a Partnership between *YOU* and *US*



Age 2



*With good control of the cavity process at home*



*With no change*



Age 3



Age 14

**Cavities can be repaired but fixing them  
ALONE does not prevent new ones!**

# SODA and JUICE = ACID

pH Scale – Measures the Amount of Acid



Low number = Bad!!



ACIDIC

Neutral

1 2 3 3.5 4 5 6 7



Battery Acid  
(Ouch!)



5.5  
Critical pH



Pure Water



If the pH on the surface of teeth drops **below 5.5**, teeth are susceptible to **decay** and **cavities!**

# 100% Natural Juice = 100% Sugar



Even in 100% natural juice with no added sugar, there is still sugar because fruit naturally contains sugar. It is better to eat fresh fruit or drink water.



# How much sugar is in your child's favorite drink?



20 ounces



15.2 ounces



12 ounces

32 ounces



14 ounces



14 ounces



8 ounces



# Sugar in Cereals

## Cereals high in sugar



Cereal	Sugar per serving* (g)	Sugar amount (by weight)
Raisin Bran Crunch	20	38%
Cocoa Puffs	12	44%
Froot Loops	12	41%

\*1 serving = 3/4 - 1 cup



## Cereals low in sugar



Cereal	Sugar per serving* (g)	Sugar amount (by weight)
Cheerios	1	4%
Corn Flakes	2	7%
Shredded Wheat Original	0	0%

**Better for the teeth!!**



# Gummy/Sticky Snacks in Grooves of Teeth



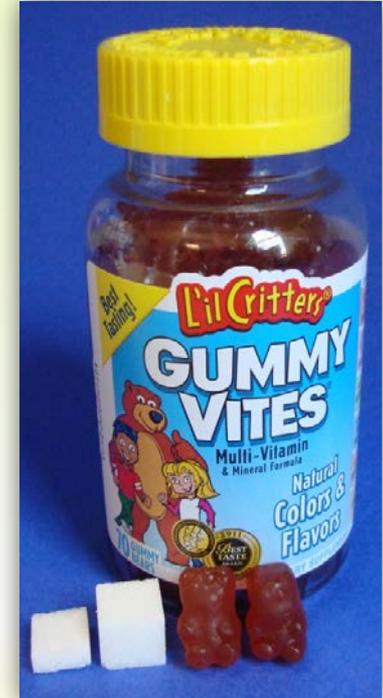
Chewy candy



Dried fruit



Gummy snacks and vitamins



Serving: 2 Gummy Bears  
Sugar Per Serving: 3g

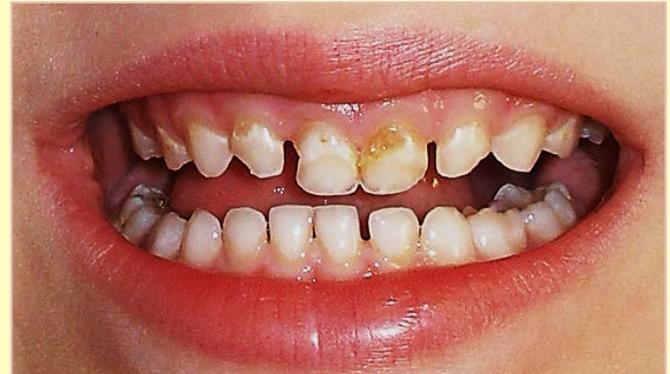
# Sugar-sweetened Medicines

taken often or regularly



Liquid or chewable medications with sugars

Frequent doses



High risk for cavities



After each dose,



drink water and/or brush teeth to get a



Healthy, clean, cavity-free smile

# Medicines that Cause Dry Mouth

- Some common medications can increase the risk of cavities by drying your child's mouth (decreases saliva flow).
- Examples include **oral inhalers** (asthma meds, ex. albuterol) and **anti-histamines** (allergy meds)



Oral inhalers



Anti-histamines

## Solution:

- **Keep taking the medications** as advised **BUT** also **brush your child's teeth** with fluoride toothpaste and ensure your child **drinks water** often.
- If you have any questions, ask your doctor if the medications your child is taking puts him or her at risk for dry mouth.



# Knee to Knee Position



- Allows infants, toddlers and children with special health care needs to be safely examined.
- Helps to see the teeth better
- Makes it easier for child to hold still and keep mouth open

# Bottles and Sippy Cups: It's what's inside that counts



Only water to bed

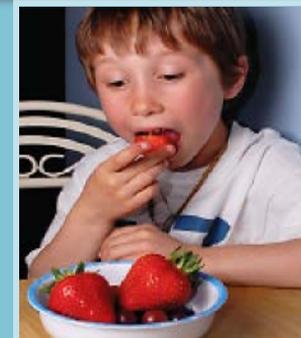


No more than 4 oz  
juice once each day



Breastfeeding

Healthy Balanced Diet → Healthy Bodies





# Tooth brushing



*Lift the Lips*



## Tips for Brushing Teeth

- Approach child from behind
- Use a small, soft-bristled toothbrush
- Brush teeth for 2 minutes
- Lift the lip to brush along the gum lines
- Concentrate on the back molars which are prone to cavities
- Brushing doesn't have to take place in the bathroom
- Help with brushing until age 7



*Show that tooth brushing can be fun!*





# Flossing

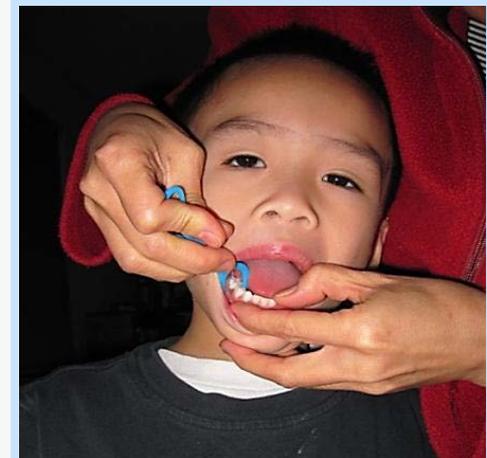


*Waxed or unwaxed*



## Tips for Flossing Teeth

- Start flossing your child's teeth once a day as **soon as the teeth touch**
- Floss from behind your child
- Floss sticks or picks may be easier to use instead of regular string floss



*Flosser*



# Fluoride Cavity Protection

*Available from many sources*

## Fluoridated Water



## Fluoridated Toothpaste



## Fluoride Varnish



## Fluoride Rinses



# Choices of Toothpaste



**NO Fluoride Protection**

**Cavity Protection**



# Using Fluoride toothpaste can stop cavities!



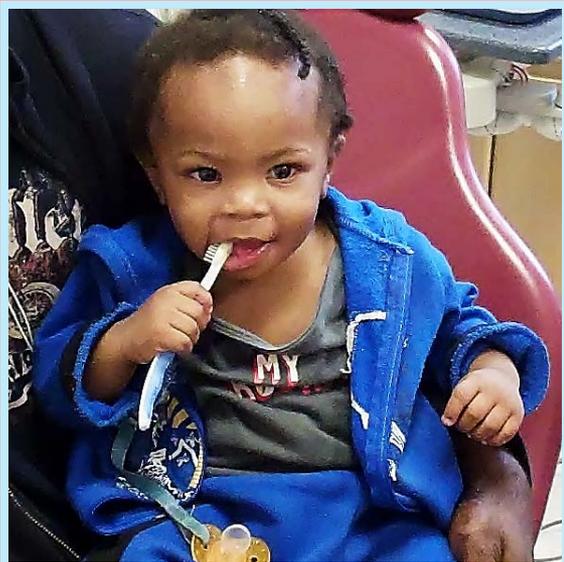
*Cavities that have stopped growing!*



**Important:** Wait 30 minutes before eating, drinking or rinsing after brushing with fluoride toothpaste.



# ***How much FLUORIDE toothpaste?***



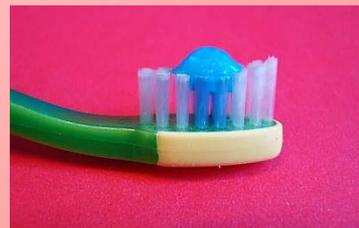
**<2 years old**

**SMEAR**



**2 - 5 year olds**

**PEA-SIZE**



**WAIT 30 minutes before eating or drinking and no rinsing!**

# Applying Fluoride Varnish

## Fluoride Varnish Application



Dry the Teeth

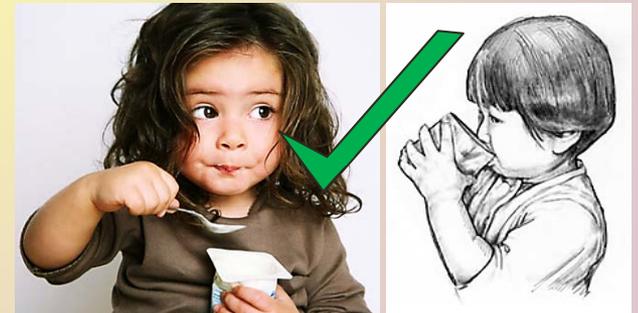


Brush Varnish on ALL surfaces

## After a Varnish Application:

Wait until the next day to:

- Brush or floss teeth
- Eat hard, crunchy, sticky, foods (fruit snacks, Doritos, pretzels)
- Drink hot liquids





# Acknowledgements

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This flip chart was developed with the intent to help Care Providers communicate more effectively with children and families about preventing and managing early childhood caries. Dental caries is almost entirely preventable if families know how to control risk factors and enhance protective factors. Working in partnership, care providers and families can optimize the oral health of children.

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