



**MICHAL C. GORALSKI**, D.D.S., M.Sc., F.R.C.D. (C)  
**KEITH R. MORLEY**, C.D., B.Sc., D.M.D., M.B.A., F.R.C.D. (C)  
 PEDIATRIC DENTISTS

300 LAKESHORE DR., SUITE 200  
 BARRIE, ON. L4N 0B4 CANADA  
 TELEPHONE: (705) 722-3213  
 FACSIMILE: (705) 722-6071

## Keeping Your Child Cavity Free

Dental Caries, or *cavities*, are caused by bacteria that metabolize the sugars we eat and produce an acidic environment in the mouth. The only way to keep your child cavity free is to make the mouth an unpleasant place for these bacteria to live, and thereby reduce their numbers.

### Raise Cavity Free KIDS

1. **KEEP THE MOUTH CLEAN.** Brush your child’s teeth morning after breakfast and nighttime right before bedtime. Flossing everywhere teeth touch should be done once a day, preferable at night, after brushing the teeth.
2. **PROVIDE ENOUGH FLUORIDE.** Fluoride is the best anti-cavity agent we have. Use a fluoridated toothpaste regularly – morning after breakfast and nighttime right before bed – more often if your child is actively getting cavities. Each brushing is a little fluoride treatment for the teeth.
3. **REDUCE FREQUENCY OF SUGARS and SIMPLE CARBOHYDRATES.** Cavity causing bacteria use sugars as their fuel. The more often you give your child food containing sugars, the more the bacteria will grow. Liquid sugars are the most damaging. In young children, this usually means juice, fruits, and chocolate milk. Other common sources are kid’s cereals, kids yogurts, and sweet/starchy snacks. Check out [www.sugarstacks.com](http://www.sugarstacks.com) to learn more.

Good Habits	Bad Habits
Start fluoride toothpaste within 6 months of first tooth eruption	Let child start brushing when they want to start
Wean baby off bottle by 12 months of age	Give child milk or juice at night after brushing
Drink water when thirsty	Drink juice regularly
Drink white milk	Drink chocolate milk
Eat nutritious full meals and avoid frequent snacks	Eat frequent fruit or other sugary snacks

## **GUIDELINES FOR FLUORIDE USE**

### **BRUSHING WITH FLUORIDE TOOTHPASTE**

1. Start to brush your child's teeth as soon as they erupt or come into the mouth. Start using a small **SMEAR OF FLUORIDE TOOTHPASTE** within 6 months of the first tooth erupting. Brushing should be done in the morning after breakfast and at night just before bed-time.
2. You or another **ADULT** should brush your child's teeth until at least age 7. You can let your child practice brushing by themselves, but always make sure that a thorough brushing is done by an adult.
3. Brush the teeth, have your child spit out, but **DO NOT RINSE OUT MOUTH WITH WATER.** Leaving the foam in the mouth allows the fluoride to penetrate into the teeth better. The small amount of toothpaste that your child swallows will not harm them.
4. If your child does not spit well, a smear or **RICE KERNEL** amount of fluoride toothpaste should be used. Once your child is able to spit out well, a small **PEA SIZED** amount of fluoridated toothpaste should be used to clean their teeth.
5. **USE ONLY** toothpaste which has the Canadian Dental Association Seal of Approval. This seal assures you that the toothpaste is safe when used as recommended for your child/children, and it also assures you as the parent/guardian/caregiver that the toothpaste is effective and has been tested in accurate clinical trials.

Some young or sensitive children find toothpaste "too spicy". An alternative way to get fluoride on the teeth is to put a small amount of fluoride mouthrinse on a toothbrush and use that to brush the teeth. It will have a much milder flavour than toothpaste but still give teeth fluoride. It is a work-around for "too spicy". Fluoride toothpaste is still better.

### **Your personalized oral health recommendations**

#### Diet

- Discontinue at-night feeding/nursing
- Drink water when thirsty
- Discontinue  juice  chocolate milk  frequent sweet snacks

#### Fluoride

- Regular fluoridated toothpaste (kids or adult flavour)
- Prevident 5000 toothpaste
- Fluoride mouthrinse (0.05%)

#### Hygiene

- Brush more often than twice a day
- Floss teeth  front  back

#### Follow-Up Care

- Routine Care with every 6 months

After dental disease has been treated, it is unreasonable to think that dental work will hold up without regular dental check-ups. Children that have had cavities are much more likely to get more cavities even in teeth that have already had fillings than children who have not had cavities. Regular check-ups with family dentist are very important.