



DID YOU KNOW?

Early Childhood Tooth Decay (ECTD) is one of the most common diseases for newborns to kids 6 years of age! Children with ECTD experience difficulties eating, sleeping and learning due to chronic pain and often suffer from low self-esteem.

BUT... ECTD extends much further – it contributes to a child’s overall health and failure to thrive!

Did you know oral care affects one’s overall health? Dentists can often find other health problems just by looking in your mouth!

Research has shown failure to take care of your teeth can result in...

Poor cardiovascular health

- **Bacteria caused by gum disease can enter the bloodstream and pass through the arteries of the heart increasing the risk of blood clots, which could lead to heart attack and stroke**

Stroke

- **People suffering from periodontal disease have an increased risk for blockages in arteries; an increased build up of plaque in the arteries breaks off and flows through the blood vessels which obstructs the flow to the brain**

Diabetes

- **Poor oral health makes existing diabetes more difficult to control and increases the risk of developing type 2 diabetes**

Headaches and Migraines

- **Can be caused by sore teeth and oral infections**

Also, women who are pregnant who develop gum disease are at a higher risk of developing gestational diabetes and of delivering preterm and/or low birth weight babies.

A healthier mouth means a healthier body so start your children on a road to proper oral health early!

Healthy Smile Happy Child is a prevention initiative that focuses on preventing ECTD in Manitoba children. Numerous resources have been developed and are available to the community to raise awareness about ECTD and decrease the number of children affected by the disease. For more information on how you can become involved call (204) 444-2227 ext 6217 or visit our website at

http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php



Early childhood tooth decay (ECTD) is the most common chronic disease among children under six and is totally preventable. ECTD is the presence of tooth decay in one or more primary teeth among children between birth and six years of age.. Even the first tooth is at risk of tooth decay! It is 5x more prevalent than asthma!

Healthy Child Key Messages

- **Start cleaning your baby's gums right after birth with a damp, clean washcloth. This will get your baby used to brushing later on.**
- **Brush twice a day as soon as the first tooth comes in.**
- **Lift the lip at least once a month to check for decay.**
- **No bottle in bed (propping)**
- **No sweet drinks in bottle or sippy cup (between meals).**
- **Limit juice to ½ cup or less a day and dilute it with water.**
- **Wean baby off the bottle to a sippy cup around 6-8 months.**
- **Wean baby from sippy cup onto a regular cup by 12-14 months.**
- **Only water is safe in a bedtime bottle.**
- **Don't dip soothers in sweets.**
- **Mother's, family members and caregivers can pass cavity-causing bacteria (germs) to infants and young children.**
- **Transmission of bacteria (germs) happens by saliva exchange like testing temperatures of bottles or food; tasting or sharing food, cups or utensils; by sharing toothbrushes; and even cleaning bottle nipples or soothers in your mouth.**
- **Babies under 1 year, use only water to brush their teeth.**
- **Children 1 year of age use a smear of toothpaste on their brush as they can't spit it out yet and will end up swallowing it.**
- **Take your child to the dentist regularly starting at their first birthday.**
- **Children 3-5 years old can use ½ the size of a pea of toothpaste.**
- **Children 6 years of age can use a pea size amount of toothpaste.**
- **Continue to brush your child's teeth until they reach the age of 8 years old.**
- **Serve healthy food and drinks.**
- **Be a good role model for your children.**