

Tooth Decay Guide for Parents/Caregivers

Step 1

Look out for the following signs of tooth decay when brushing your child's teeth.

Signs of Early Decay

White spots lesions: white chalky discolouration on tooth, often close to gum margins



Early decay can progress to brown surface cavitation



Tooth decay can occur on the front and back teeth, appearing as brownish/black discolouration, holes or even chipping of teeth



Photo credit

<http://earlychildhoodcariesresourcecenter.elsevier.com/>

<http://dymnadalydentist.com/tooth-decay-in-children/>

<http://www.stuff.co.nz/national/health/78269090/rotten-to-the-core--our-childrens-dental-decay-problem>

<http://www.onlinedentist.org/primary-dentition/cavities-in-children-significant-knowledge>

<http://www.itv.com/news/calendar/2016-03-22/focus-on-obesity-hundreds-of-children-treated-for-tooth-decay>

<http://www.kidsnewtocanada.ca/screening/oral-health>

<http://www.stuff.co.nz/national/health/78269090/rotten-to-the-core--our-childrens-dental-decay-problem>

<http://www.friscokidsdds.com/dental-topics/dental-library/baby-bottle-tooth-decay/>

Tooth Decay Guide for Parents/Caregivers

Step 2

If any of the signs of tooth decay are spotted, please bring your child for a dental check-up. You can consult a paediatric dentist or a dentist who is comfortable with managing children.



Betty Bright-Smile

Step 3

Inculcate good oral health habits to children. Encourage children to:

- Brush their teeth at least twice a day with fluoride toothpaste (pea-sized) with parental supervision.
- Reduce frequency of consumption of sweetened food and beverages
- Start seeing a dentist early for regular check- ups

With your strong support, we can ensure a healthy set of teeth and gums for the children!

For more information, visit www.HEALTHHUB.SG