



DENTAL GUIDE FOR 0-5 YEARS OLD KIDS

TEETHING

THUMB SUCKING, TONGUE TIES

GENERAL DENTAL ADVICE

TOOTH DECAY PREVENTION

PAEDODONTICS

FLUORIDE APPLICATION, DIET, DENTAL X-RAY SAFETY

POND SQUARE DENTAL

TEETHING

Teething can be a challenging time for both babies and parents, but there are several things you can do to help ease your little one's discomfort.

WHAT IS TEETHING?

Teething is the process by which an infant's primary (baby) teeth emerge through the gums. Most babies will start teething between 4 and 7 months old, until all 20 baby teeth have erupted, usually by around 3 years old.

Teething can cause discomfort and pain for the baby as the teeth break through the gums.

SIGNS OF TEETHING

- Increased drooling
- Chewing on objects
- Irritability or fussiness
- Swollen or tender gums
- Changes in sleep patterns
- Loss of appetite or refusal to eat
- Slight fever

GUM MASSAGE

Gently rub your baby's gums with a clean finger or a damp washcloth to help alleviate discomfort.

TEETHING RINGS

Babies who have started chewing may find some relief from a teething ring. You may find that a chilled (but not cold) teething ring can give more relief. You must never put a teething ring in the freezer as this may cause damage to your baby's gums.

NATURAL TEETHING GEL

Gengigel teething gel is effective in the relief of pain and discomfort associated with teething. It is natural and suitable from birth.

Remember that every baby is different so you may need to try these ideas and see what works best for your little one.



THUMB SUCKING

Thumb-sucking is a natural reflex for babies and young children.

It provides a sense of security and helps children soothe themselves.

Most children naturally stop thumb-sucking between the ages of 2 and 4.

If your child continues the habit beyond age 4, it may be time to take steps to help break the habit.

HOW CAN THUMB SUCKING AFFECT ORAL AND DENTAL HEALTH?

It can cause: misalignment of teeth, changes to jaw structure, speech issues.

STEPS TO HELP YOUR CHILD STOP THUMB-SUCKING

- **Identify triggers:** Try and take note when and why your child sucks their thumb. Addressing the underlying cause can help reduce the habit.
- **Use thumb covers:** You can purchase thumb covers or mittens that act as a physical barrier. These can be particularly useful at night.
- **Habit breaker appliances:** interceptive treatment, adapting sensation of the habit.

TONGUE TIE

A condition present at birth that restricts the tongue's range of motion. This happens when the band of tissue (lingual frenulum) connecting the tongue to the floor of the mouth is too short, thick, or tight.

SIGNS AND SYMPTOMS TO WATCH FOR

Infants: Trouble latching during breastfeeding, poor weight gain, or colic-like symptoms.

Toddlers /children: Difficulty eating certain foods, speech delays or issues with articulation, inability to stick the tongue out past the lower front teeth, or a tongue that looks "heart-shaped" when extended.

HOW TO FIX IT?

A dentist will usually diagnose tongue-tie and perform a procedure of cutting the frenulum. The procedure only takes a few minutes.

IS THE PROCEDURE PAINFUL?

Discomfort is minimal since there are few nerve endings or blood vessels in that area. After the procedure, a baby can go back to breastfeeding immediately.

GENERAL DENTAL ADVICE

WHEN SHOULD I TAKE MY CHILD TO SEE THE DENTIST?

- When their first baby tooth appears, or by the time the baby is 12 months old.
- During your baby's first visit, your dentist will help them to familiarise with the environment and give you advice on how to care for your child's teeth and gums to keep them healthy.
- We recommend a routine dental check-up every 6 months.

WHAT SHOULD I DO IF MY CHILD IS SCARED OF SEEING THE DENTIST?

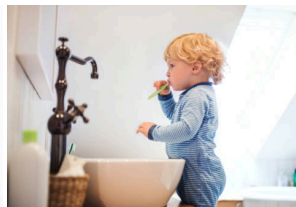
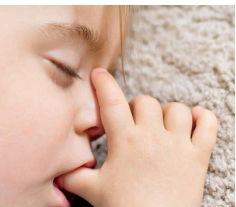
- Talk about the appointment as a fun visit. Tell them that they will get to ride in the dentist's chair.
- If they still feel a little nervous, the appointments can always be broken up. A first visit can involve a look around. The second can include sitting in the chair. On the third visit they can let the dentist have a look.

HOW SHOULD I CARE FOR MY CHILD'S TEETH AND GUMS?

- We advise that you clean your baby's gums from birth. You can do this by wiping their gums with a clean wet cloth after feeding.
- You should start brushing your baby's teeth with toothpaste as soon as their first milk tooth appears. This should be done twice a day: morning (before breakfast) and before bedtime.

WHAT CAN I DO IF MY CHILD REFUSES TO HAVE THEIR TEETH BRUSHED?

- Familiarise them with the idea of tooth brushing from an early age.
- Show how you brush your teeth as part of your daily routine.
- You can use teeth cleaning songs to make it more fun. Many options can be found online.
- A visit to the hygienist can help demonstrate brushing techniques.



WHAT TYPE OF TOOTHBRUSH SHOULD I USE?

Choose an age-appropriate toothbrush, with a with a small head and soft nylon bristles.

HOW SHOULD I CLEAN MY CHILDS TEETH?

- Twice a day, morning (before breakfast) and before bedtime
- Small circular motions, covering all surfaces of the teeth
- Use pea sized amount of toothpaste (at most)
- Supervise your child's brushing until your child is at least seven years old.
- Encourage your child to spit out the toothpaste, but not to rinse

SHOULD I USE TOOTHPASTE?

- You should use a smear of toothpaste (at most) for the 0-2 year olds and a pea sized amount for ages 3 an up.
- For children that have not developed the reflex to spit out, use a damp cloth to wipe any excess away.
- Up to the age of 2, we recommend that you use a toothpaste containing 1000 ppm (part per million) sodium humide.

HOW CAN I PREVENT TOOTH DECAY IN MY CHILD?

- Once you start weaning your baby, try to limit the amount of dried fruit and sugary foods.
- Milk and water are the best drinks for your baby. Sugar and acids are the most common causes of tooth decay, so try and avoid giving your child sugary drinks too.
- Frequency of food intake (including all drinks except water) is a significant factor in dental caries.



PAEDODONTICS

Paedodontist is a pediatric dentist who works with infants, children, and adolescents, particularly those with special needs, anxiety, phobias and developmental anomalies.

THE CHECK-UP PROCESS

- The child will meet the paedodontist and the dental nurse, who are also trained in managing anxious children.
- The team will spend time building a rapport, talking to the child at their level and using positive language to create trust.

TELL-SHOW-DO TECHNIQUE

- **Tell:** The dentist explains what will happen in simple, friendly terms (e.g., "We're going to count your teeth").
- **Show:** The dentist demonstrates on a finger or dental model what will be done (e.g., "See, this mirror just tickles").
- **Do:** The procedure is performed gently, as described, so there are no surprises.

HOW LONG DOES THE CHECK-UP TAKE?

The appointment usually lasts around 30 minutes, giving enough time for a thorough examination and discussion without overwhelming the child.

IS THE CHECK-UP PAINFUL?

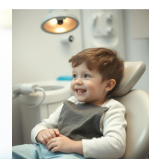
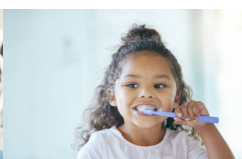
No — the check-up itself is not painful. The paedodontist and dental nurse are experienced in making the process as gentle and comfortable as possible.

WHAT DOES THE CHECK-UP INVOLVE?

- **Oral examination:** A careful look at the child's teeth, gums, tongue, and jaw development.
- **X-rays (if necessary):** If there are concerns about cavities or misaligned teeth, the paedodontist may take X-rays, using child-friendly equipment and explaining that the "camera" is taking special pictures.
- **Discussion with a parent:** The paedodontist will explain the findings to the parent in clear, jargon-free language and ask questions about the child's dental habits and diet.

PREVENTION AND TREATMENTS

- Extractions
- Fillings
- Stainless steel crowns
- Fluoride application



WHAT IS FLUORIDE APPLICATION?

Preventative dental treatment used to strengthen tooth enamel, prevent tooth decay and reduce sensitivity. It can save money in the long run by reducing the need for more extensive dental work due to decay.

FLUORIDE APPLICATION PROCESS

- After initial assessment and cleaning, fluoride product is applied to the teeth.
- Patients are usually advised not to eat, drink, or rinse their mouths for at least 30 minutes after the application to allow the fluoride to penetrate the tooth enamel fully.
- High-risk patients may require treatments every 3 to 6 months, while others may only need it once a year.

DIET

FOODS TO AVOID

- Sugary Foods
- Sugary Beverages
- Refined Carbohydrates
- Acidic Foods
- Starchy Snacks

TIPS

- Encourage children to drink water after eating to help cleanse their mouth.
- Limit between-meal snacking to help reduce the risk of cavities.
- Introduce good oral hygiene habits early.

DENTAL X-RAYS

Dental X-rays are an important tool in pediatric dentistry, allowing dentists to assess the health and development of children's teeth and jaws.

PURPOSE

- Detection of Cavities
- Assessment of Development
- Evaluation of Bone Health

Age of First X-ray depends on the child's dental health and can be done as early as needed.

SAFETY - RADIATION EXPOSURE:

- The amount of radiation from dental X-rays is low.
- Dentists follow guidelines regarding when and how often X-rays should be taken, based on the child's dental history, risk for cavities, and age.

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