



Oral health and deciduous teeth

Overview:

- They are the first set of teeth to appear in a baby. There is 20 of them.
- It is important to understand the teething phase to make it as easy as possible for the baby.
- Most common milk teeth problems: tooth decay, pain, infection, thumb sucking and long-term use of pacifiers.
- Injuries to the baby's face and teeth may affect the permanent teeth that will replace the affected milk teeth.
- You must follow the correct instructions to care for the health of your child's mouth.

What is the importance of milk teeth?

- They help babies chew food
- They help with proper speech and vocalization
- Milk teeth occupy space in the jaws to allow the permanent teeth to come out in their correct places. If a child loses a milk tooth too early, this may affect the shape and arrangement of the permanent tooth that will replace it.
- Milk teeth give children self-confidence and a good-looking smile.

Teething symptoms:

- Discomfort
- Sleep disturbances
- Anxiety and discomfort
- Loss of appetite
- More drooling than usual
- Constant need to bite and chew on things
- Pain
- Swelling and redness of the gums, especially where the teeth are erupting



Causes of teeth decay:

- Frequent and long-term exposure of a child's teeth to liquids containing sugars. One of the most popular ways this happens is using the baby bottle to get the baby to sleep or using it instead of a pacifier to sooth an anxious baby.
- Baby does not receive enough fluoride to help protect their teeth from tooth decay.

Prevention:

- Once milk teeth erupt, use a soft brush to clean them, especially after meals.
- Once your baby turns 1, you should start brushing their teeth using a fluoride toothpaste and an amount as small as a rice grain. This amount can increase to be pea-sized as the child turns 3. Make sure your child doesn't ingest too much toothpaste by wiping their teeth if they cannot spit it out.
- Avoid using the milk bottle for any other drinks (e.g., Juice, other sweet drinks, etc.).
- Make sure your baby gets their milk before sleep so you have enough time to clean their teeth.
- Encourage your child to use cups to drink liquids once they turn 1.
- Encourage your child to adopt healthy eating habits (e.g., eating vegetables and fruits, eating at regular times, reducing consumption of sugar, etc.)

