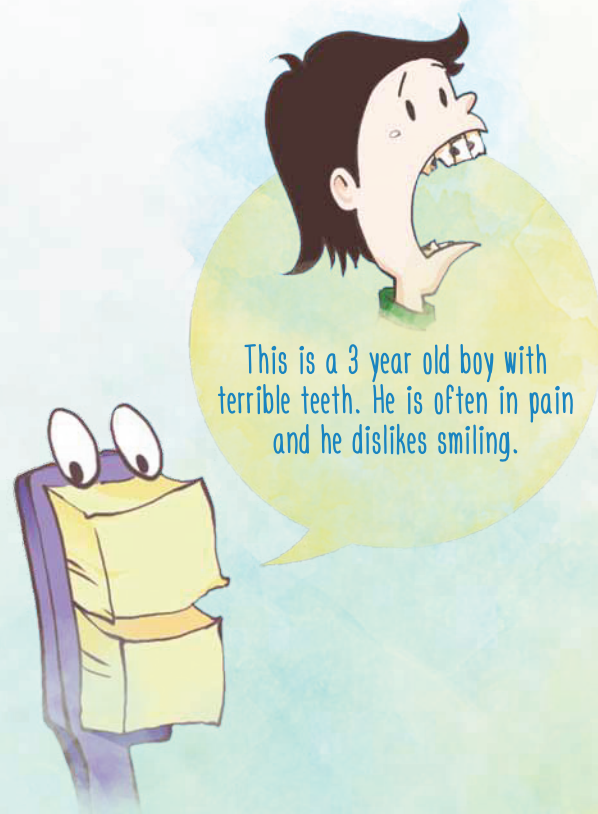


1 / What is TOOTH DECAY?

- 1 Tooth decay is the most common disease which affects children.
- 2 It is caused by mouth bacteria acting on sugars in foods/drinks, producing acids which eats away your child's teeth.
- 3 It causes toothache, infections and early loss of teeth.
- 4 It affects a child's quality of life adversely.



3 / FAQs about FLUORIDE

Why is fluoride good for teeth?

It protects your child's teeth from tooth decay by strengthening it.

Are there any side effects of too much fluoride?

Yes. Your child can get fluorosis on their permanent teeth from swallowing too much fluoride toothpaste. Fluorosis results in a change in colour or texture of the teeth.

How do I prevent fluorosis?

- 1 Teach your child not to swallow toothpaste.
- 2 Control the amount of toothpaste used.



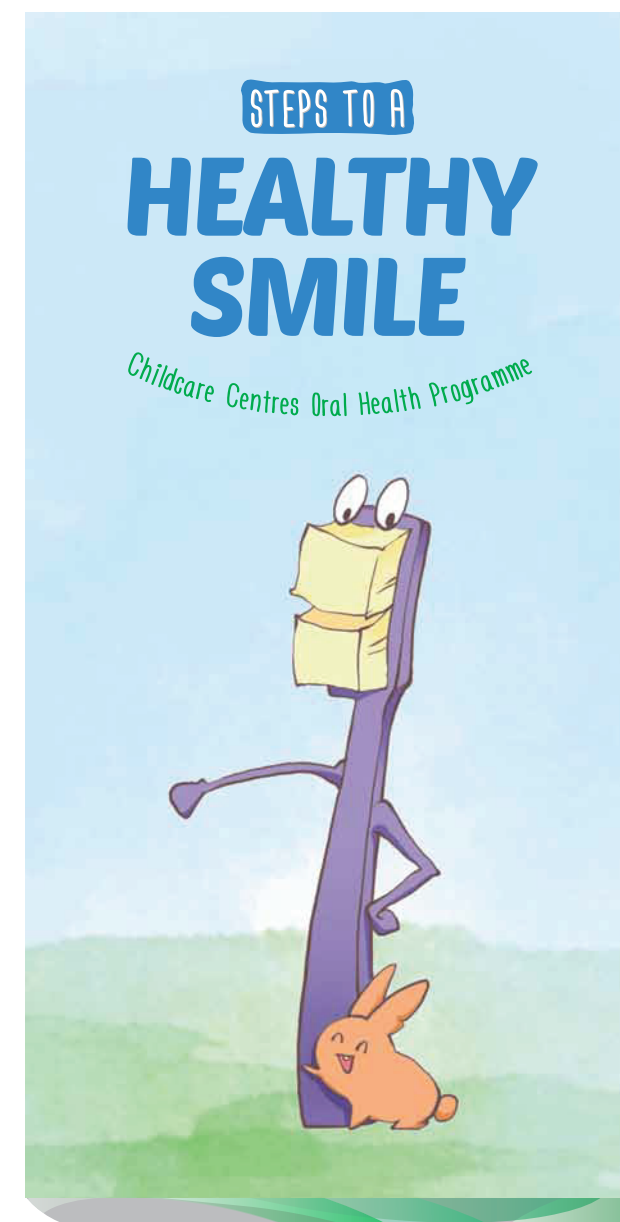
A smear amount (size of a rice-grain) of toothpaste is recommended for children 3 years old and below, who tend to swallow toothpaste.



A pea-sized amount of toothpaste is recommended for children aged above 3, who can spit toothpaste out effectively.

- 3 Supervise your child when he/she brushes his/her teeth.
- 4 Keep toothpaste out of reach.

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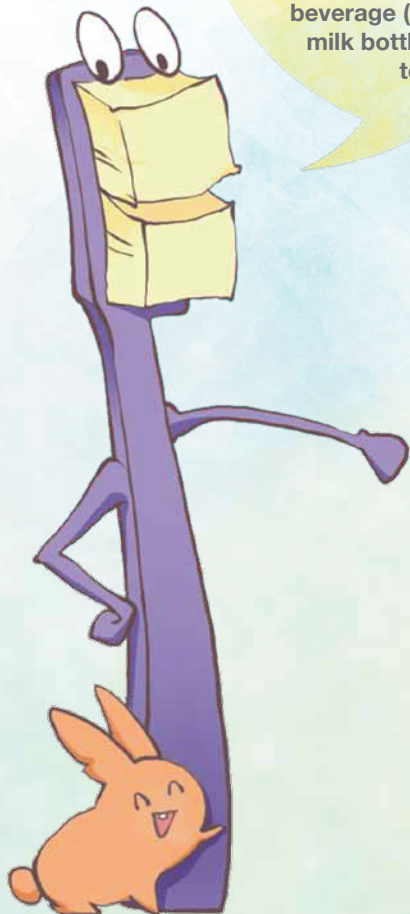
www.hpb.gov.sg
1800 223 1313

2 / Ways to KEEP DECAY AWAY

Formula milk is sweet.

Brush your child's teeth after (not before) their last milk feed. Do not put your child to sleep with formula milk in a bottle as this can cause tooth decay.

In the day, do not use the milk bottle as a pacifier. When the child wakes up for milk at night, dilute the milk with lots of water so it is less sweet. Frequent consumption of sweetened beverage (eg: formula milk) in a milk bottle can cause severe tooth decay.



Take your child to a child-friendly dentist when they turn 1.



Keep to 3 main meals and 1-2 snacks a day.

Dried fruits such as raisins, sweetened cereals, cakes and biscuits with filling or fruit juices have high sugar content. Frequent consumption causes tooth decay. Nuts, cheese and yogurt naturally sweetened with fruits are better choices.



Brush your child's teeth once they emerge (~ 6 months).

Use a fluoridated toothpaste containing at least 1000ppm fluoride twice a day to prevent tooth decay. Make sure your child does not swallow toothpaste.

Floss daily.

