

# Tooth Decay Guide for Pre-school Teachers

## Step 1

Look out for the following signs of caries while conducting routine mouth checks for HFMD.

### 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 discoloration, 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-knowldge>

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

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

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## Step 2

If any of the signs of caries are spotted, advise parents to bring their child for a dental check-up. You can advise parents to do one of the following:

- Consult a paediatric dentist or a dentist who is comfortable with managing children.
- Make an appointment with School Dental Centre, Health Promotion Board at **6435 3782** or email to **HPB\_Dental\_Counter@hpb.gov.sg**  
A fee is chargeable for pre-schoolers.



Betty Bright-Smile

Teachers can use HPB's Betty Bright-Smile to teach children about My Healthy Teeth.

## 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 parents' supervision.
- Take less 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](http://www.HEALTHHUB.SG)