

Tooth Decay Guide for Parents/Caregivers

Step 1

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

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



Signs of Early Decay

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/>

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Step 2

If any of the signs of tooth decay are spotted, pls bring your child for a dental check-up. You can 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.



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