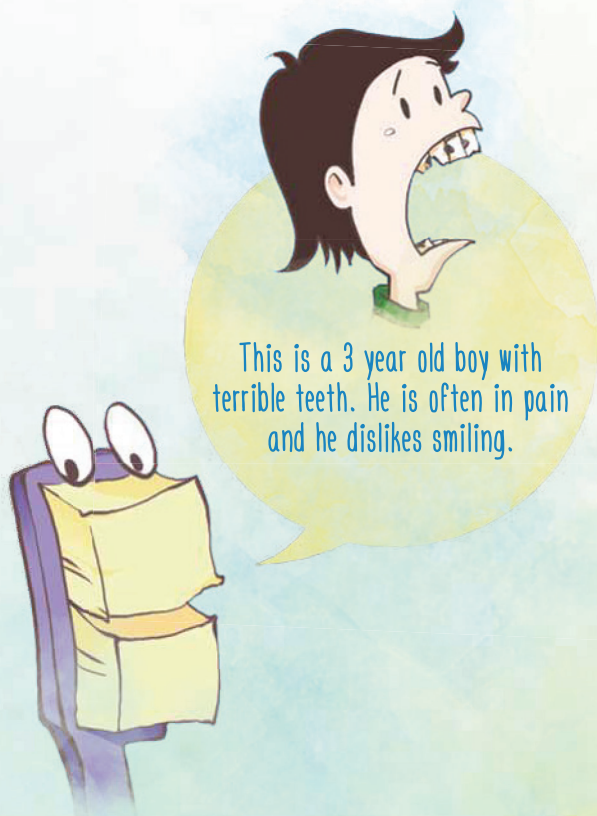


# 1 / What is TOOTH DECAY?

- 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?

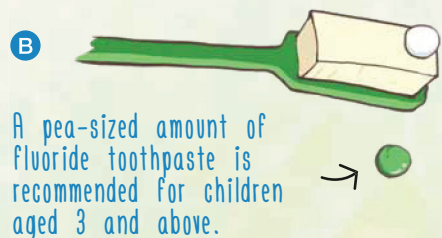
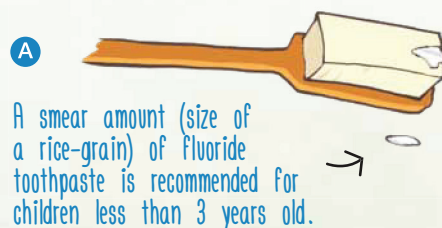
It protects your child's teeth from tooth decay by strengthening it.

## Are there any side effects of too much fluoride?

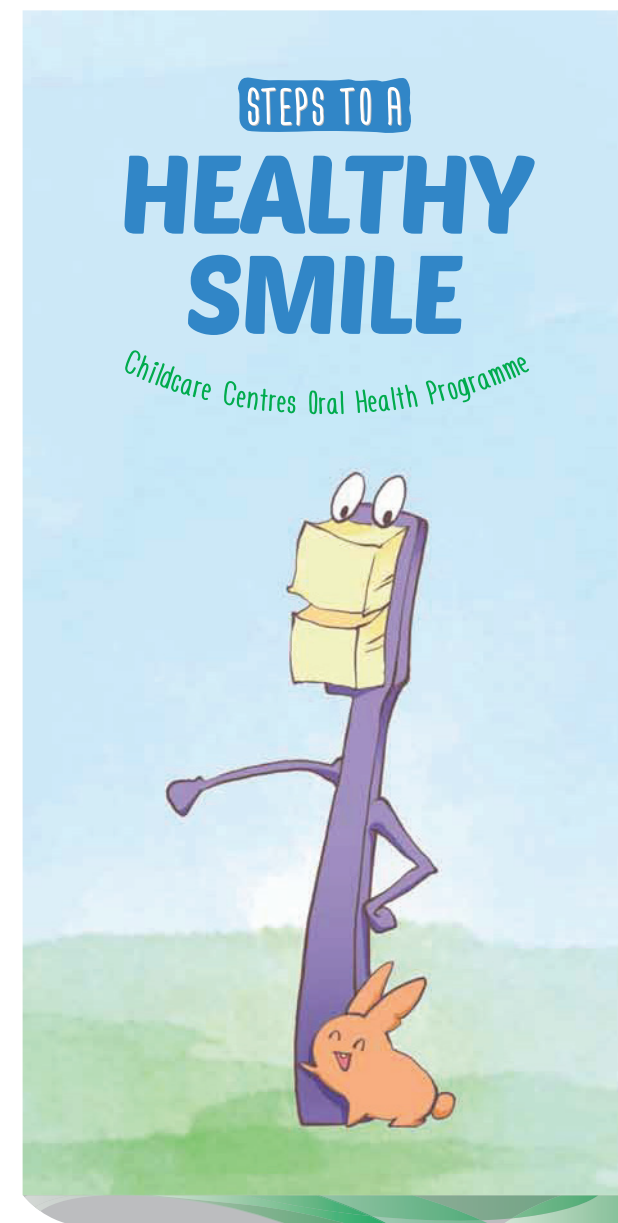
Yes. Your child can get fluorosis on their permanent teeth from swallowing too much fluoride toothpaste. Fluorosis results in a change in colour or texture of the teeth.

## How do I prevent fluorosis?

- 1 Toothbrushing should always be done by an adult or under supervision.
- 2 Control the amount of toothpaste used.



- 3 Ensure that toothpaste is not swallowed during toothbrushing.
- 4 Keep toothpaste out of reach.

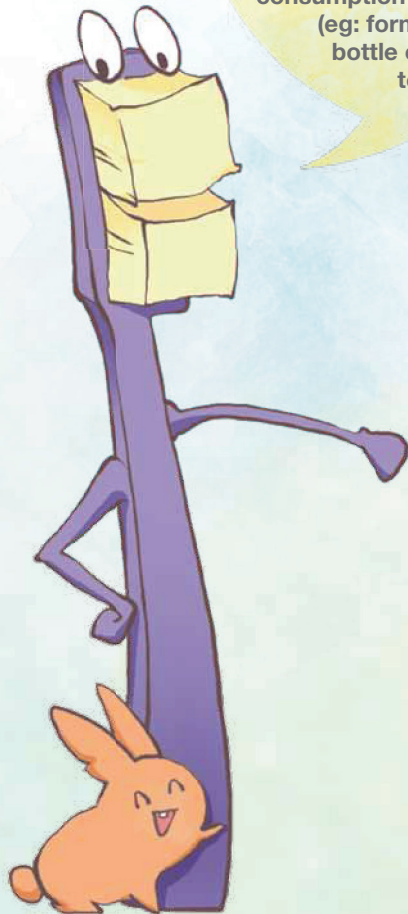


## 2 / Ways to KEEP DECAY AWAY

Attempt to wean your child off the milk bottle before they turn 1. Teach your child to drink from a cup as soon as they can hold one.

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

Formula milk is 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 he/she turns 1 so that the dentist can assess his/her risk of developing tooth decay and advise on the appropriate use of toothpaste.



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).\* Floss where teeth contact each other. Regularly lift child's upper lip to check for tooth decay.