

Dental Caries an Overview



15-year-old soda drinker



4-year-old put to bed with bottle

Dental Caries (tooth decay) is one of the most tragic of diseases seen in children. It is preventable when the parents take steps from the earliest days to protect tiny teeth. A baby's mouth is kept healthy when cleaned twice daily using a soft cloth or soft specially designed infant mouth-cleaning tool. Cleaning the baby's mouth before teeth arrive is strongly encouraged. The baby will become used to the feeling and introduction of a toothbrush is much easier.

An infant should NEVER be laid to nap or sleep with a bottle. If that habit has been started, try to wean the child from this habit by introducing water. Sugar from the milk staying in the mouth causes the decay. The decay is created by the acids formed by the bacteria in the mouth after the introduction of sugar. Always remember milk, although very important to the child, is mostly sugar. Soft drinks, soda, or pop, are never recommended as part of a daily diet. Water, and preferably tap water, is strongly recommended as the drink of choice especially after the age of one.

Smile Healthy Bites will offer information for parents, teachers, and children. Different topics will be addressed, throughout the year. Topics of interest are welcome. Please contact the Tooth Fairy at 239-252-8231.