

Oral Health and Resources for 0-6

Cavities

Causes - bacteria (Strep Mutans), sugars and lack of home care

Effects

- Cavities can start as soon as there are teeth in the mouth
- Affect eating, sleeping and learning
- Causes infection in the mouth & cause tooth loss

How are they made?

- Bacteria + Sugar = Acid, Acid + Tooth = Cavities

How to prevent cavities

1. Have teeth cleaning and flossing routines

- clean baby's mouth daily
- help brush teeth when teeth come in
- help brush teeth twice a day until child is 8
- help floss once a day
- do not share spoons and toothbrushes
- lift the lip once a month to check for cavities
- Use soft brush with rounded bristles
- clean every surface of every tooth
- be a good role model

2. Follow the toothpaste use guidelines

- to reduce / prevent tooth decay
- 1 rice-size: 1st tooth – 3 yrs
- 1 pea-size: 3 years and up
- to spit and not to swallow
- caregivers apply toothpaste to the brush
- no fluoridated mouth rinses: under 6

3. Have good eating and drinking habits

- never put baby in bed with a bottle
- don't put juice / sweetened liquid in the bottle/sippy cup
- practice drinking from a small open cup (6 months)
- avoid constant sipping from a bottle or no-spill cups
- wean baby from bottle feeding (12-14 months)
- Choose healthy foods and drinks
- Choose water for thirst between meals
- Be a good role model

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4. Get help from dental professionals

- Get dentist to check your 1-year-old
- Ask questions, get advice
- Get dentist to check your own teeth and mouth
- Find out if your child can get a fluoride varnish

Dental assistance programs

1. Alberta Child Health Benefit

An extended government paid health benefit for **children** in low income families (Immigrants, citizens and refugees only)

- Toll-free: 1-877-469-5437
- <http://humanservices.alberta.ca/financial-support/2076.html>

2. Alberta Adult Health Benefit

An extended government paid health benefit for **adults** (pregnant women or people with ongoing prescription drug needs) with low income. (Immigrants, citizens and refugees only)

- Toll-free: 1-877-469-5437
- <http://humanservices.alberta.ca/financial-support/2085.html>

3. Reduced Fee Dental Program

Alberta Health Services community dental program to help families who don't have government benefits or private insurances to cover for their dental costs. Cannot have any benefits or insurances (employee/students/personal) and be under their income limit.

<https://www.albertahealthservices.ca/services/Page13202.aspx>

4. Alberta Health Services Fluoride Application Program

Provides free fluoride applications for eligible children 12 to 35 months to protect their teeth from cavities. Children only need to have a few teeth to start getting fluoride. Applications are given 4 times, once every 6 months. For eligibility information visit

www.ahs.ca/info/page9754.aspx

5. Canada Dental Benefit

Dental Benefit available for families with children under the age of 12 – more details can be found Canada.ca/dental or call 1-800-715-8836.

6. Canadian Dental Care Plan (CDCP)

The Canadian Dental Care Plan (CDCP) is from the Government of Canada, helping accessing oral health care for Canadian residents with an annual family net income of less than \$90,000 who do not have any other dental insurance. Please visit the [Government of Canada's website](https://www.canada.ca/government) to find out more.