

Niitty Project 2018–2020

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Niitty – Developing a Peer-based Family Training Model for Immigrants

DENTAL CARE FOR A 0–3-YEAR-OLD CHILD

0–3-vuotiaan lapsen suunhoito



TEETHING

- On average, a baby's first teeth emerge between the ages of 4–7 months, but they may also emerge earlier or later.
- Usually the bottom incisors, i.e. bottom front teeth come through first.
- Teething may cause the baby's gums to itch or become sore. The baby may be irritable and may gnaw and chew on his or her hands and toys. The baby may also not sleep and eat as well as usual.



You can alleviate these symptoms with a teething ring cooled in the refrigerator, a cloth moistened with cold water, or painkilling medicine designed for babies which you can buy from a pharmacy. Don't forget to follow the

PARENTS' TEETH

- Bacteria that cause dental cavities are transmitted to a baby from the parents' mouths more easily if the parents' teeth have not been well cared for.
- An adult should never put the baby's dummy or spoon in their own mouth. Cavity-promoting bacteria is transferred into the baby's mouth with the saliva.
- It is a good idea for the parents to take good care of their teeth. Brushing twice a day, using xylitol and regular visits to the dentist are all beneficial.
- If children see their parents take good care of their teeth, they are more likely to look after their own teeth.



MEALS

- Sweet, sugary food and drink are not good for the teeth and should only be given to a child rarely, and never to a baby. These include, for example, juice, sweets, cakes, biscuits and soft drinks.
- In connection with meals, a baby is breastfed or given formula, and a child over 1 year old is breastfed or given cow milk.
- Offer water as a thirst-quencher.
- Children over 1 year old should have 5–6 meals a day, with no snacking in between meals.



BRUSHING TEETH

- Start brushing your baby's teeth with a soft toothbrush designed for babies as soon as his or her first teeth have emerged. The toothbrush provided in the maternity package is suitable.
- Teeth should be brushed every day in the morning and in the evening right before putting the baby to bed.
- In the evening, use fluoride toothpaste containing 1,000–1,100 ppm of fluoride.
- In the morning, brush using just water or toothpaste without fluoride.
- Fluoride is a mineral that prevents dental cavities.



- You can entertain the baby during brushing by giving him or her their own toothbrush without toothpaste, or with a toy or a book.
- It is not necessary to rinse the baby's mouth with water after brushing, but you can teach your child to spit out the remaining toothpaste.



BABY BOTTLE AND DUMMY

- When your baby is more than 6 months old, the dummy should be used as little as possible, only for comforting and putting him or her to sleep.
- It is a good idea to stop using the dummy altogether at the age of 10–12 months, but at the latest when the child is 2 years old. This prevents the development of malocclusion, i.e. a problematic bite.
- It is a good idea to stop using the baby bottle when the child is about one year old. The baby bottle is replaced with a sippy cup or mug.

