

Child Health Educational Flipchart



Breastfeeding

- 1- Breast feeding provides the best nutrition for babies.
- 2- Wipe teeth, tongue and gums with clean cloth or gauze after every feeding.
- 3- Fluoride varnish to be applied professionally starting from the age of 2 years.







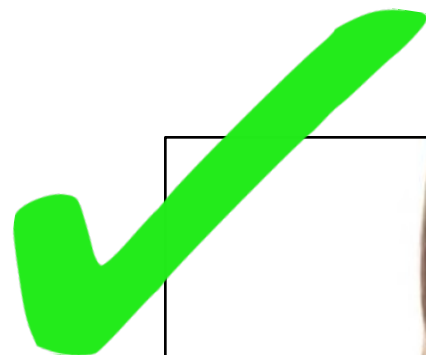
Nursing caries :effect of continuous bottle feeding without proper oral hygiene



Use of Cups and stopping the bottle

- 1- Introduce regular cups for drinking from 6 months of age.
- 2- STOP bottle feeding at 18 months.
- 3- Following every feeding (bottle) brush the teeth or use a wet cloth to wipe the teeth or give the child a sip of water to ensure no milk remains on the teeth.
- 4- It is also important to prevent sharing of cups, bottles and tooth brushes. All saliva sharing activities should be avoided.

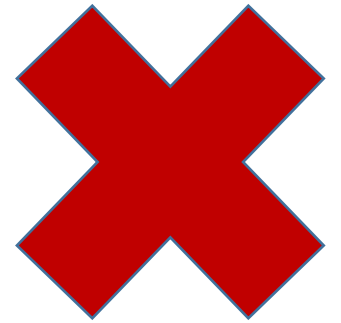




Sugar

- 1- Sugar should not be added to infants drinks especially in the bottle!
- 2- The frequency and amount of sugary food and drinks should be reduced.
E.g. to have one treat per day with a meal. Encourage to drink water after the sugary food, or brush whatever is more convenient





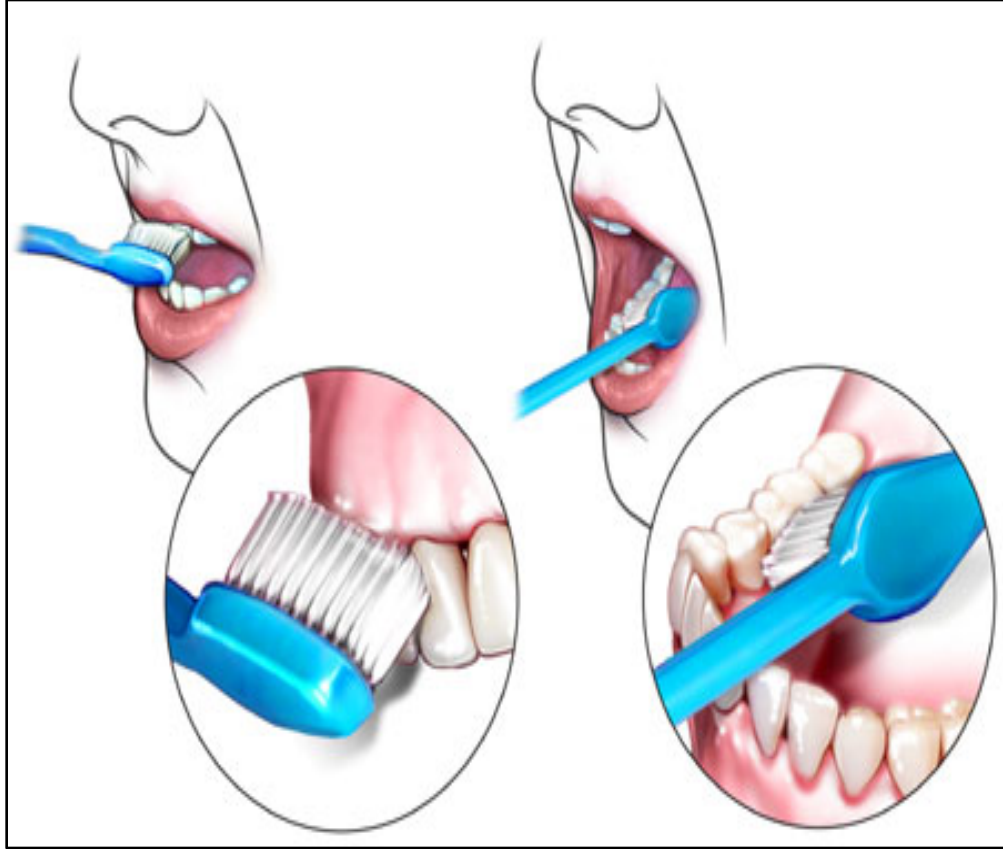
Tooth brushing

- 1- As soon as teeth erupt in the mouth brush them twice daily with a fluoridated toothpaste.
- 2- Parents/care givers should brush and supervise tooth-brushing before bedtime and after meals.
- 3- SPECIAL attention should be given to the back teeth since they are prone to cavities.
- 4-Use fluoridated toothpaste containing no less than 1,000ppm fluoride with a smear layer amount as shown.

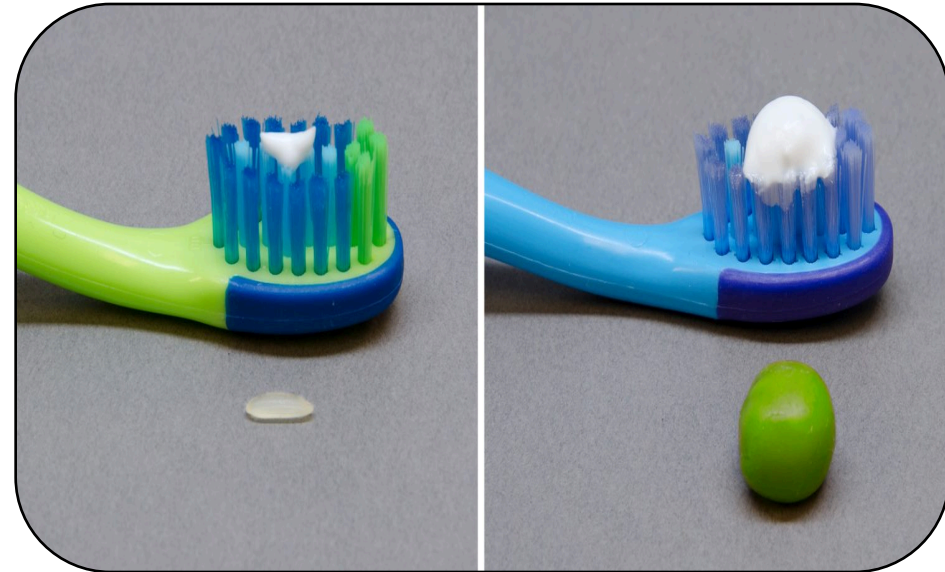
Reassure parents: even if the child swallows this amount of tooth paste it will not cause any harm.



Tooth brushing steps



The correct amount of toothpaste



Vitamins / Medication

- 1- Iron supplements could cause teeth discoloration. It is advised to rinse with water immediately when taking it.
- 2- Children on routine medication should rinse with water immediately after each dose since some medication might contain sugars that can harm the teeth with frequent use.



Iron supplement stains on teeth



Regular Dental visits

1- Its important to visit child health/dental clinic for regular check up to protect the teeth and prevent it from cavities.





Non Nutritive sucking habits

- 1- All habits such as thumb sucking, finger sucking or pacifiers should stop at age 3.
- 2- prolonged duration of these habits can cause dental deformity .





INSTRUCTIONS AFTER TOPICAL FLUORIDE APPLICATION

1- A fluoride varnish was painted today on your child's teeth which helps to protect them. The fluoride varnish safely provides optimal protection, delivering the highest fluoride concentration possible.

2- Teeth may appear discolored after fluoride varnish application. This is temporary and will go away the following day after brushing your child's teeth.



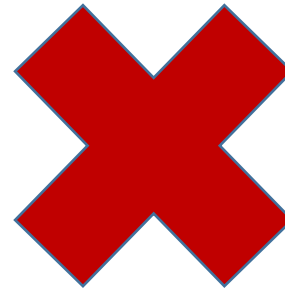
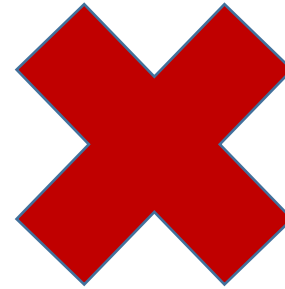


❖ **To obtain the maximum benefit of the fluoride varnish , these recommendations should be followed:**

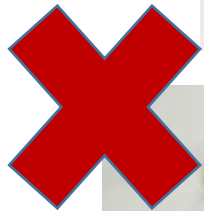
1. Avoid eating and drinking for at least 30 minutes after fluoride varnish application.
2. Soft diet on the day of application will help fluoride to stay longer on teeth.
3. Avoid brushing or flossing on the day of application but normal oral hygiene must be resumed from the next day.



Soft diet on the day of application, avoid hard crunchy food



Same day



Next day



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