



Healthy teeth and Early Childhood Tooth Decay in Children

Simon Rawlinson*

Editorial

Healthy teeth are vital to your baby's overall health. They offer assistance your infant eat and form sounds and words. They moreover influence the way your baby's jaw develops. Good oral care helps set great dental habits as your child grows. Destitute oral care can lead to disease, infection, or other teeth issues.

Early childhood tooth decay

Early childhood tooth decay alludes to the development of cavities in children from 6 months to 6 years of age. Once your child has teeth, they're at threat for tooth decay. Numerous things cause tooth decay, including the bacteria that's normally found in the mouth. Without treatment, decay can spread deeper into the tooth. The decay can cause pain and disease, and can indeed harm the underlying adult tooth. The child tooth or teeth may need to be removed.

What can contribute to tooth decay?

Frequent eating (especially sticky or sugary foods)

Steady use of a baby bottle or Sippy cup filled with milk, juice or formula (particularly at bedtime)

Not brushing your child's teeth day-to-day

Not using fluoride tooth paste

The harm that sugar does to teeth depends on how much sugar goes into the mouth and how long it remains within the mouth. When

your child eats or drinks sugars, the germs (bacteria) in your child's mouth blend with the sugars to make a mild acid. This acid attacks the hard outer layer of teeth (also called enamel) to form cavities.

However, the teeth are coated in sugars over and over again, if your child often sips juice or eats sticky or sugary snacks between meals. Tooth decay can too develop when a child goes to bed with a bottle of milk or juice. The liquid remains within the mouth, showering the teeth in sugar for a long time.

Transferring bacteria from your mouth to your baby's your child can get bacteria from family members through the saliva. You can decrease the chance of passing cavity-causing microbes to your baby by

- Avoid sharing toothbrushes
- Avoid licking soothers to clean them
- Avoid nourishing your infant with a spoon that has been in your mouth making sure all family individuals have healthy mouths

Bacteria, combined with poor dental hygiene and unhealthy eating habits, can increase the threat of your child developing early childhood cavities.

Oral hygiene also plays a role at this age. Use a small, soft toothbrush with a tiny smear of toothpaste on it the American Dental Association recommends about the size of a grain of rice until age 3 and gently brush all around the teeth.

The fluoride in toothpaste will help strengthen the enamel on the teeth, so that they're able to withstand decay.

The fluoride is not dangerous to their health, but when developing teeth get too much of it, they can take on a chalky white appearance known as dental fluorosis.

Children ought to too begin visiting the dental specialist by either their first birthday, or six months after their first tooth erupts.

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*Corresponding author: Simon Rawlinson, Department of Paediatrics, Queen Mary, University of London, UK, E-mail: simonr33@gmail.com

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Author Affiliation

Department of Paediatrics, Queen Mary, University of London, UK