

<p>Question: How many times a day we should be brushing our teeth?</p>	<p>Answer: 2 times a day</p>
<p>Question: What is the Ingredient in toothpaste that helps fight tooth decay?</p>	<p>Answer: Fluoride</p>
<p>Question: What is the best sugar-free drink that is good for both you and your teeth?</p>	<p>Answer: Water Other talking points:</p> <ul style="list-style-type: none"> • What's better: Tap water or bottled water? <ul style="list-style-type: none"> ○ Tap water (when safe): In Winnipeg, tap water has Fluoride
<p>Question: What is the most important time to brush your teeth?</p>	<p>Answer: Before bed Other talking points:</p> <ul style="list-style-type: none"> • What about brushing after throwing up/being sick? <ul style="list-style-type: none"> ○ Do NOT brush immediately after throwing up, as brush will spread acid around the mouth. Wait at least 30 minutes to brush. ○ Rinsing with water or mouthwash is best option
<p>Question: How long should we brush our teeth for?</p>	<p>Answer: 2 minutes Other talking points:</p> <ul style="list-style-type: none"> • How long do people actually spend brushing? People brush their teeth for 30 seconds on average

<p>Question: When should you start brushing your child's teeth?</p>	<p>Answer: As soon as they get their first tooth! Other talking points:</p> <ul style="list-style-type: none"> • What about before they get their teeth? Important to start cleaning baby's gums to get the baby used to having someone cleaning their mouth and get the sugars from food off their gums
<p>Question: What are some examples of tooth friendly foods?</p>	<p>Answer: Fruits, vegetables, cheese Other talking points:</p> <ul style="list-style-type: none"> • Foods with Vitamin D (broccoli, dairy products, sardines) are very important. Studies show link between prenatal moms low vitamin D and their baby's higher chances of developing tooth decay
<p>Question: Which sugary drink should you/your child avoid?</p>	<p>Answer: Soda Pop Other talking points:</p> <ul style="list-style-type: none"> • Fruit juice is also full of sugar • Fruit juice has as much sugar as pop • Limit fruit juice to ½ cup/1 box per day • Best time to drink sugary drinks is at mealtimes (NOT for snacking between meals)
<p>Question: What is the amount of toothpaste you can use for children over 3 years of age?</p>	<p>Answer: Size of a green pea Other talking points:</p> <ul style="list-style-type: none"> • What about adults? Green-pea size of toothpaste is enough! Don't need to top the whole toothbrush.
<p>Question: What is the amount of toothpaste you can use for children under 3 years of age?</p>	<p>Answer: Size of a grain of rice (smear)</p>

<p>Question: At which age can a child start brushing by him/herself?</p>	<p>Answer: 8 years old</p> <p>Other talking points:</p> <ul style="list-style-type: none"> • When they can tie their own shoes or color within the lines is a good sign they are able to brush on their own • Do not discourage them if they want to brush on their own, but make sure you go over their teeth once they are done
<p>Question: When should you start flossing your child's teeth?</p>	<p>Answer: As soon as their teeth start touching</p>
<p>Question: At which age you should take your child for their first dental visit?</p>	<p>Answer: 1 YEAR</p> <p>Other talking points:</p> <ul style="list-style-type: none"> • Even if you think there's nothing wrong with your child's teeth, it's good to bring them to a dental office to get them use to the environment and having someone else looking in their mouth • A lot of offices participate in "Free First Visit" – call office to find out
<p>Question: What are teeth important for?</p>	<p>Answer: Talking</p> <p>Other talking points: What else are they important too? Chewing, smiling, confidence, saving space for adult teeth, shaping the face</p>

<p>Question: Is receiving dental care during pregnancy safe or unsafe?</p>	<p>Answer: Safe</p> <p>Other talking points:</p> <ul style="list-style-type: none"> • Dentist will always weigh benefits of treatment vs. no treatment. <ul style="list-style-type: none"> ○ Example: if you have an infection, the benefits of getting one radiograph (x-ray) outweigh the risks of leaving infected tooth in. ○ Always inform dentist of pregnancy before treatment ○ Best time to get dental work done, like fillings, is between the 4th and 6th month of pregnancy. • Always make sure to take good care of your mouth/teeth while pregnant <ul style="list-style-type: none"> ○ More likely to get severe gingivitis (gum inflammation) between the 2nd and 3rd trimesters. Good oral hygiene and regular visits to dentist/dental hygienist can help. ○ Pregnant moms with untreated gum infections are 7 times more likely to have an underweight, premature baby!
<p>Question: At which age should we start weaning babies off the bottle?</p>	<p>Answer: 6 months (Best to do gradually over time – slowly introduce water to bottle of milk until it’s mostly water. Should start using a regular open cup by age of 1)</p> <p>Other talking points (after they answer “6 months”):</p> <ul style="list-style-type: none"> • What else starts happening to children at around the 6 month mark? • Teething! First teeth usually start coming out at 6 months (lower front teeth). • What to do when babies start teething? <ul style="list-style-type: none"> ○ Best: Give damp cold wash cloth to suck/chew on ○ Avoid teething rings with gel inside (can bite through the plastic) ○ Avoid amber necklaces (choking hazard) ○ Avoid teething biscuits (full of sugar)

<p>Question: SDF is a safe treatment of antibacterial liquid applied to your child’s cavities to stop them from getting worse. What is SDF short for?</p>	<p>Answer: Silver Diamine Fluoride</p> <ul style="list-style-type: none"> - It’s a liquid painted on cavities that can stop decay from getting worse. - It’s a non-invasive treatment (no drills)
<p>Question: Where should you look for tooth decay in your child’s mouth?</p>	<p>Answer: Along the gum line</p> <p>Other talking points:</p> <ul style="list-style-type: none"> • Along the gumline on upper front teeth is the most common place where cavities will start. • At the start cavities can look like chalky white lines or spots. At this stage, you can prevent the decay from getting worse by brushing with Fluoride toothpaste and good oral hygiene habits • As decay develops, it will start turning yellow-brown. • Black color, broken teeth means decay is advanced
<p>Question: How do you check your child’s mouth for cavities?</p>	<p>Answer: Lift the lip!</p> <ul style="list-style-type: none"> - Can do this at home every month - Look along the gumline on upper front teeth for chalky white lines - At the start cavities can look like chalky white lines or spots. At this stage, you can prevent the decay from getting worse by brushing with Fluoride toothpaste and good oral hygiene habits - As decay develops, it will start turning yellow-brown. - Black color, broken teeth means decay is advanced

<p>Question: How often you should change your toothbrush?</p>	<p>Answer: Every 3 months Other talking points:</p> <ul style="list-style-type: none"> • Or when bristles are frayed if possible • After being sick if possible (If not possible, clean with mouthwash or boiling water)
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<p>Question: What you can use to wipe your baby's gums after feeding</p>	<p>Answer: Damp washcloth (important to start cleaning baby's gums to get the baby used to having someone cleaning their mouth and get the sugars from food off their gums)</p>
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<p>Question: True or False - Losing your teeth is a normal part of aging</p>	<p>Answer: False – with good oral habits you can maintain your teeth for a lifetime</p>
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<p>Question: True or False -Bottle-propping during bedtime often leads to tooth decay</p>	<p>Answer: True – Babies should always be held when feeding</p> <p>Bottle-propping is one of the most common reasons why children develop tooth decay at an early age</p>
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<p>Question: This disease is the most common infectious disease in children (more common than asthma!)</p>	<p>Answer: Tooth decay – it's a preventable disease Other talking points:</p> <ul style="list-style-type: none"> • Babies are born without tooth decay germs - germs transmitted through parents (kissing on the mouth, tasting food before feeding, cleaning soothers with mouth, etc). • This is why it's important to keep out own mouths clean, so we don't pass on germs to our babies!
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