

Let's Talk Teeth





LET'S TALK TEETH

Oral Health Information for 0-18 years

This resource has been designed for use in conjunction with *Healthy Smile, Healthy Child: Oral Health Guide for Well Child Providers* New Zealand Dental Association, 2008.



For more information or to book a training session, contact:

Early Intervention Team
Bee Healthy Regional Dental Service
0800 TALK TEETH (0800 825 583)

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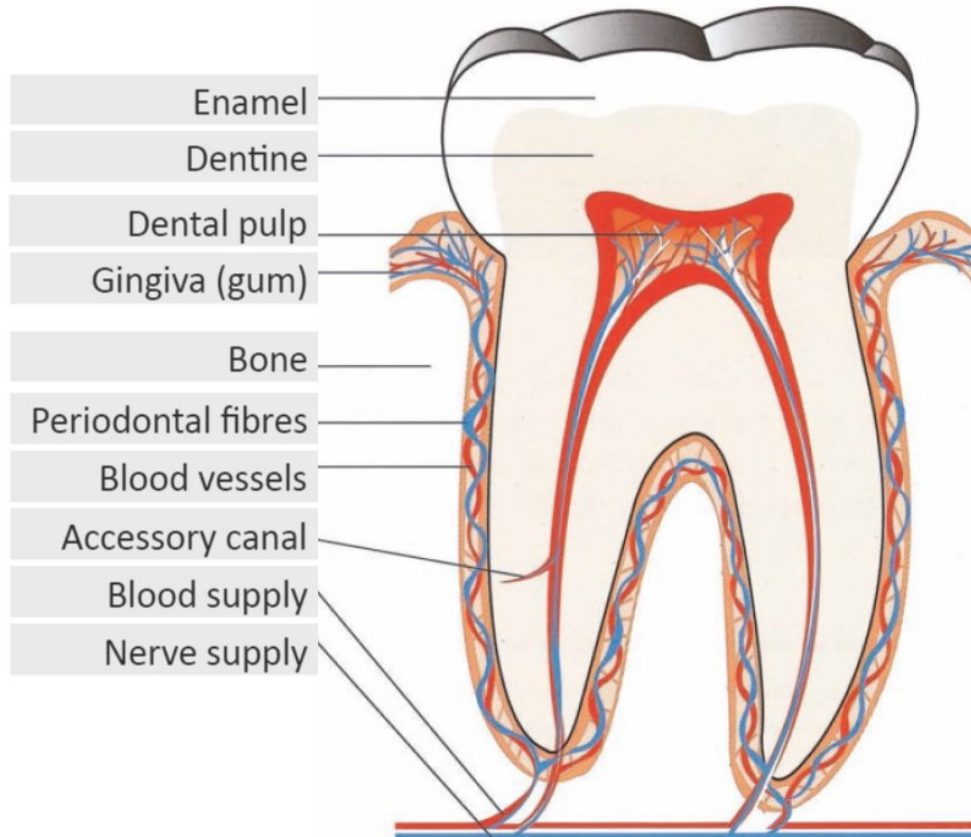
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TOOTH ANATOMY

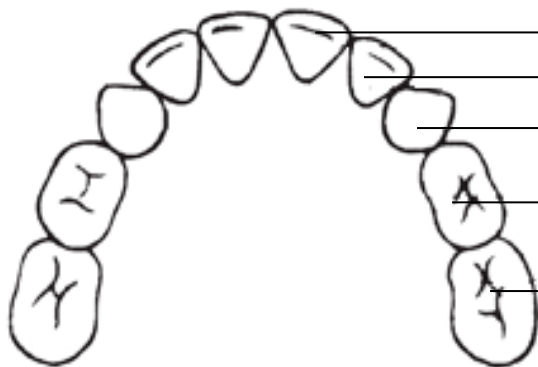
Parts of a healthy tooth





PRIMARY TOOTH DEVELOPMENT

When do primary (baby) teeth start appearing?



UPPER TEETH

ERUPT

SHED

Central incisor

8-12 months

6-7 years

Lateral incisor

9-12 months

7-8 years

Canine

1 ½-2 years

10-12 years

First molar

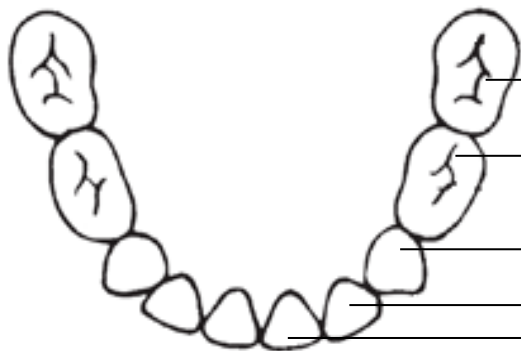
1-1½ years

9-11 years

Second molar

2-2½ years

10-12 years



LOWER TEETH

ERUPT

SHED

Second molar

2-2½ years

10-12 years

First molar

1-1½ years

9-11 years

Canine (cusped)

1 ½-2 years

9-12 years

Lateral incisor

7-11 months

7-8 years

Central incisor

6-10 months

6-7 years



SECONDARY TOOTH DEVELOPMENT

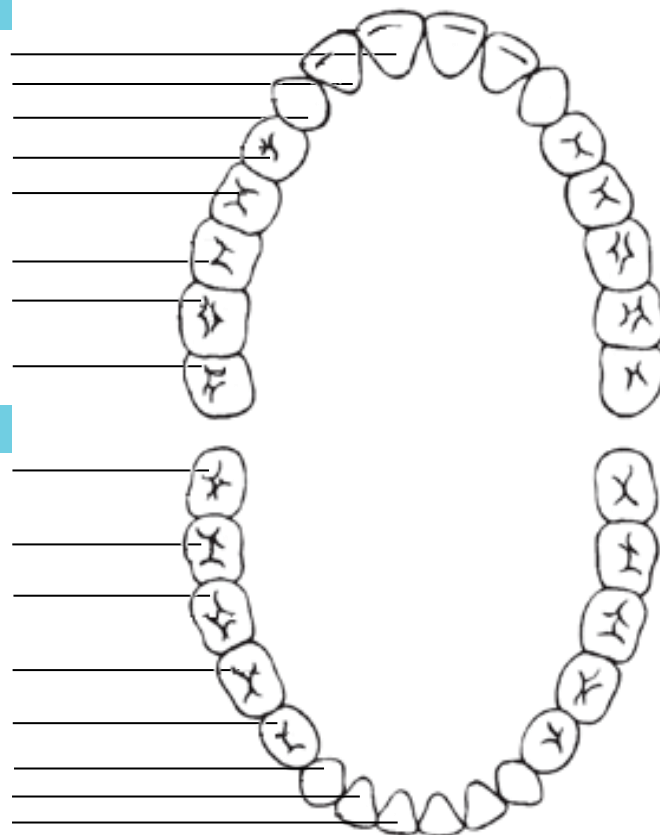
When do secondary (adult) teeth start appearing?

UPPER TEETH

| | ERUPT |
|-----------------------------------|-------------|
| Central incisor | 7-8 years |
| Lateral incisor | 8-9 years |
| Canine (cuspid) | 11-12 years |
| First premolar (first bicuspid) | 10-11 years |
| Second premolar (second bicuspid) | 10-12 years |
| First molar | 6-7 years |
| Second molar | 12-13 years |
| Third molar (wisdom tooth) | 17-21 years |

LOWER TEETH

| | ERUPT |
|-----------------------------------|-------------|
| Third molar (wisdom tooth) | 17-21 years |
| Second molar | 11-13 years |
| First molar | 6-7 years |
| Second premolar (second bicuspid) | 11-12 years |
| First premolar (first bicuspid) | 10-12 years |
| Canine (cuspid) | 9-10 years |
| Lateral incisor | 7-8 years |
| Central incisor | 6-7 years |





FLUORIDE TOOTHPASTE

How much toothpaste should you use?



Babies under 1 year

When baby teeth first start to appear, use a soft cloth, baby toothbrush or silicon finger brush (shown above) with a rice-grain sized amount of fluoride toothpaste (at least 1000_{parts per million} fluoride). This can help baby feel more comfortable when introducing a brushing routine.



Children 0 - 5 years old

Use a small, soft toothbrush with a half-pea sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride), or less if they only have a few teeth.



Children 6 years old & over

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride).



FLUORIDE TOOTHPASTE

What kind of toothpaste should you use?

The Ministry of Health recommends that children of all ages should use fluoride toothpaste containing at least 1000 parts per million (ppm) fluoride.

These toothpastes meet the recommendation:

Mint flavoured toothpastes



Non-minty toothpastes



These toothpaste do not meet the recommendation



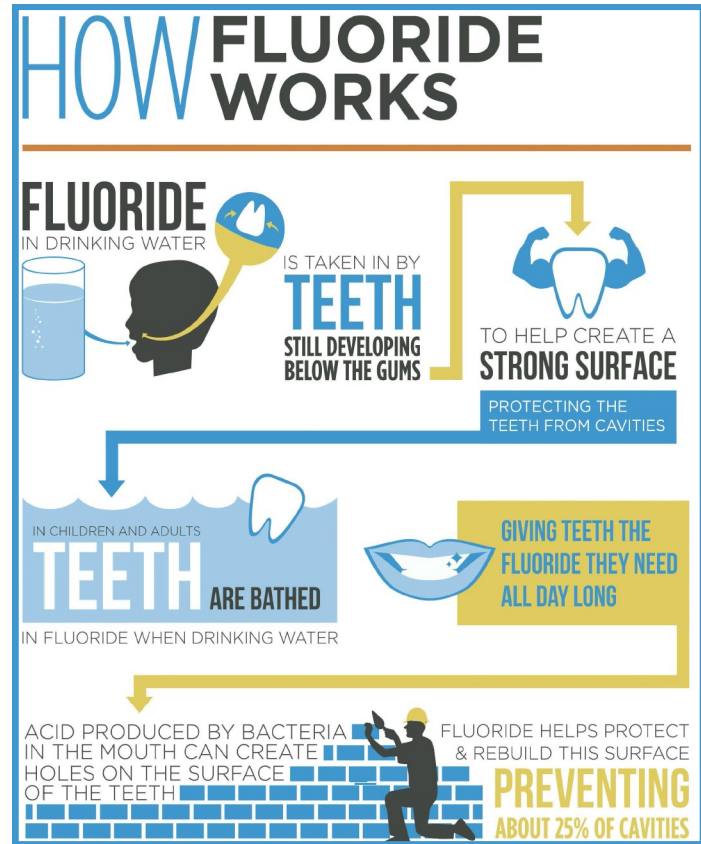


FLUORIDE

Why is fluoride important for healthy teeth?

- Fluoride is a naturally occurring element found in the soil, water, plants and many foods.
- Fluoride helps protect teeth against tooth decay by strengthening tooth enamel, repairing damage in the early stages of tooth decay and interfering with the growth of bacteria in the mouth that cause tooth decay.
- Water fluoridation is a safe, effective and cost efficient way to protect teeth from decay. In New Zealand water levels are adjusted to between 0.7-1.0 parts per million.
- There is no evidence to show that the amount of fluoride added to community water supplies negatively affects health outcomes.
- Adult toothpaste contains 1000 parts per million and is recommended for all ages. Children's toothpaste contain less than 1000 parts per million and does not provide the same level of protection against tooth decay as adult toothpaste.
- Discourage children from eating or swallowing toothpaste. Keep out of reach of young children.
- For further fluoride information refer to Ministry of Health, New Zealand Dental Association or Community Water Fluoridation websites.

Image source: *How Fluoride Works*. Centres for Disease Control and Prevention, www.cdc.gov/





TOOTH DECAY

How does tooth decay happen?



BACTERIA + SUGAR FROM FOOD = ACID + TOOTH ENAMEL = TOOTH DECAY

- Tooth decay is the gradual breakdown of a tooth.
- Our mouths have a combination of healthy and unhealthy bacteria. Dental plaque is a sticky, white layer of bacteria that forms on teeth.
- When we eat food, the plaque bacteria feed on the sugar in food and produce an acid.
- This acid “attacks” and weakens (demineralises) tooth enamel.
- An *acid attack* can last between 20 minutes to two hours.
- Between meals (after an acid attack is over), teeth are able to repair (remineralise) some of the damage caused during the attack.



SMART SNACKS

How does the food we eat affect tooth decay?

**It's not just about *how much* sugary foods we're eating...
It's also about *how often* we're eating sugary foods.**

An acid attack can be longer and cause more damage if:

- We eat sugary food/drinks frequently through the day,
- We eat a lot of sugary food/drinks through the day, even if the amounts are small.

To help teeth rest and repair (remineralise) between meals:

- Drink plenty of water between meals.
- Avoid snacking on sugary drink/foods and have sweet/sticky foods at main mealtimes only.
- Saliva in our mouth helps to slow down the tooth decay process. While we sleep, our mouths produce less saliva, so it's important to avoid eating or drinking after brushing teeth at night.
- Children have smaller stomachs than adults, so they may need to eat smaller meals, often throughout the day.
Provide *smart snacks* to help keep children fuller for longer.
- *Smart snack* ideas: cheese and crackers, pieces of fresh fruit, carrot sticks and hummus, sandwiches, plain popcorn etc.





RETHINK YOUR DRINK



V Energy Drink 250ml

7 teaspoons



28 grams sugar



CalciYum flavoured milk

6 teaspoons



24 grams



Coca Cola 600ml

16 teaspoons



64 grams sugar



Ribena fruit drink 330ml

12 teaspoons



48 grams sugar



Raro 250ml glass

5 teaspoons



20 grams sugar



Fanta 600ml

18 teaspoons



72 grams sugar



Just Juice fruit drink 350ml

10 teaspoons



40 grams sugar



Powerade sports drink 750ml

11 teaspoons



44 grams sugar



Lift+ energy drink 250ml

7 teaspoons



28 grams sugar

World Health Organisation

Maximum recommended
daily sugar intake

Children:

6



6 teaspoons per day

Adults:

10



10 teaspoons per day



LIFT THE LIP

How to check for signs of tooth decay at home

Lift the Lip is great a way to check children's teeth for early signs of tooth decay.

How to do a *Lift the Lip* check:

- Make sure your child is sitting comfortably, either in a chair or on your lap. Knee-to-knee is a good way to check teeth without a dental chair.
- If available, a small torch may be helpful to see all tooth surfaces.
- It's important to look along the gum line as well as each tooth.
- If you notice any chalky white spots, yellow/brown marks or any dark spots or tooth decay (holes) call 0800 TALK TEETH (0800 825 583) to make an appointment at your nearest Bee Healthy dental clinic.
- If you notice any facial swelling or your child is complaining of pain, contact Bee Healthy as soon as possible.



Lift the Lip using the knee-to-knee method



STAGES OF TOOTH DECAY

What does tooth decay look like?

Healthy teeth and gums. No signs of decay and only a little plaque.

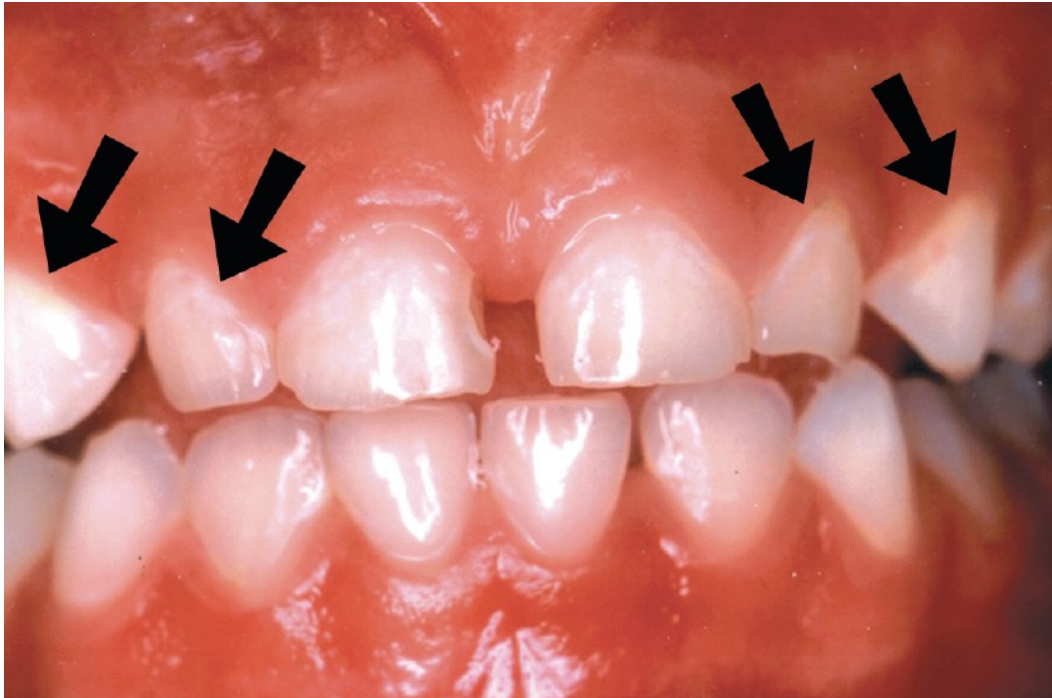




STAGES OF TOOTH DECAY

What does tooth decay look like?

Chalky patches and enamel breakdown on the side of one of the front teeth.

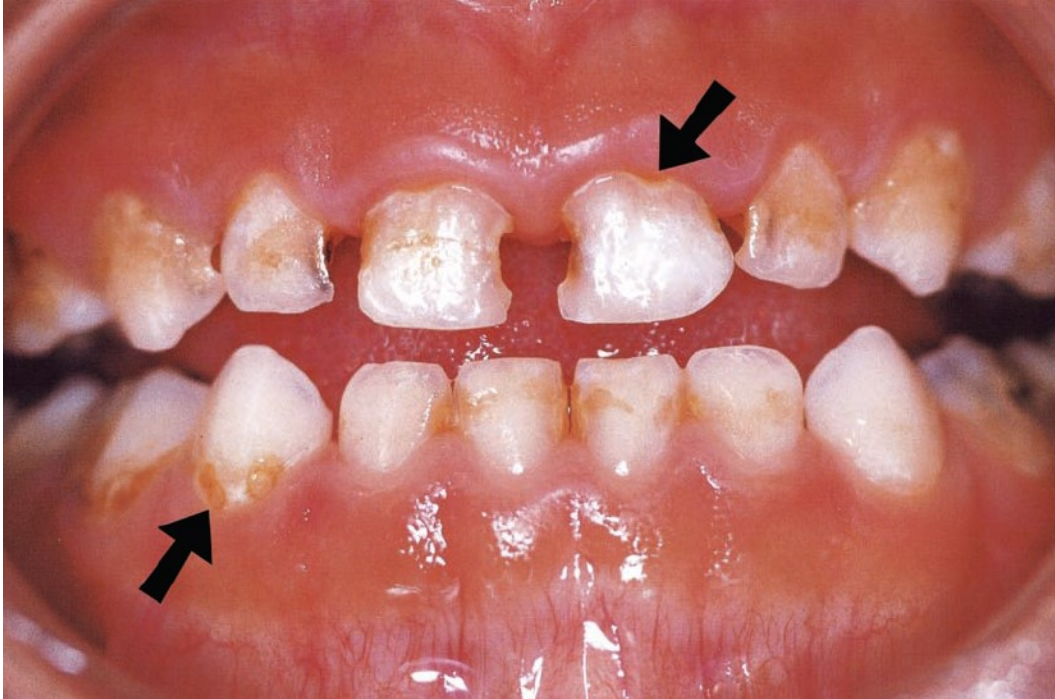




STAGES OF TOOTH DECAY

What does tooth decay look like?

Clearly visible decayed front teeth between upper front teeth and gum line.





STAGES OF TOOTH DECAY

What does tooth decay look like?

Well advanced decay.

The crowns of the top teeth are breaking down and decay is starting between the bottom teeth.





STAGES OF TOOTH DECAY

What does tooth decay look like?

Only the roots of the top teeth are left.



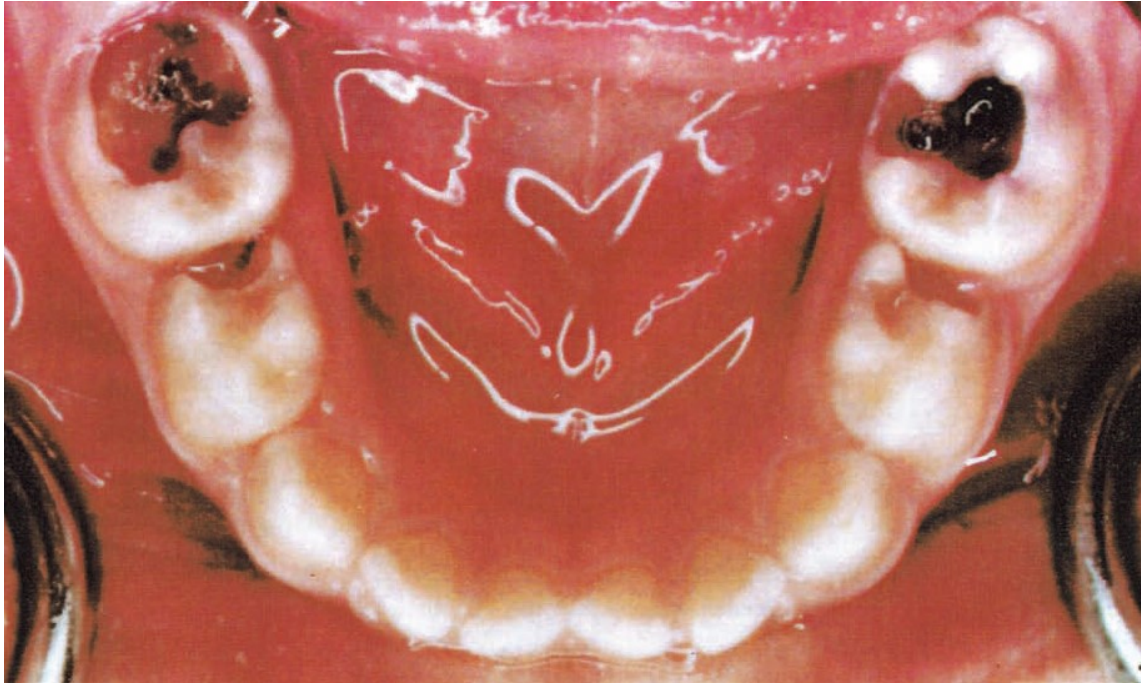
New Zealand Dental Association, 2008. *Healthy Smiles, Healthy Child: Oral Health Guide for Well Child Providers*. Auckland: New Zealand Dental Association.



STAGES OF TOOTH DECAY

What does tooth decay look like?

Deep decay in the lower back teeth (molars).





CARIES RISK ASSESSMENT

What are the signs of tooth decay?

Use the table below to help assess a child's risk of caries:

| | Low Risk Indicators | High Risk Indicators |
|---------------------|--|---|
| Diet | <ul style="list-style-type: none"><input type="checkbox"/> Sugary food/drink consumed with meals<input type="checkbox"/> Water or milk only between meals | <ul style="list-style-type: none"><input type="checkbox"/> Frequent intake of sugary foods and drinks<input type="checkbox"/> Sugary drinks preferred to water or plain milk |
| Oral Hygiene | <ul style="list-style-type: none"><input type="checkbox"/> Brushing teeth twice a day or more | <ul style="list-style-type: none"><input type="checkbox"/> Infrequent or lack of tooth brushing |
| Visual Decay | <ul style="list-style-type: none"><input type="checkbox"/> No or few filled teeth<input type="checkbox"/> No visible decay<input type="checkbox"/> Good family oral health | <ul style="list-style-type: none"><input type="checkbox"/> Untreated decay visible<input type="checkbox"/> Previous experience of decay<input type="checkbox"/> Presence of decayed teeth in family members |

If 1 or more *high risk indicators* are ticked, complete a referral to Bee Healthy Regional Dental Service.



REFERRALS

How to make a referral into Bee Healthy Regional Dental Service

If a child is in pain call 0800 TALK TEETH as soon as possible to make a *relief of pain* appointment.

If you have any oral health concerns about a child in your care, you can refer them to Bee Healthy Regional Dental Service.

To make a referral, please complete a Bee Healthy online referral form at:

www.beehealthy.org.nz/dental-care-for-children/referral-form/

Alternatively you can complete your organisation's referral form (if available) **and** a Bee Healthy Enrolment Form.

Please ensure you provide the following details:

- Child's full name
- Child's NHI
- Child's date of birth
- Parent/caregiver name and contact details
- Reason for referral
- Referrer name and contact details

Scan and email a copy of both completed forms to:

dental@huttvalleydhb.org.nz

If you have any further questions, contact Bee Healthy:
0800 TALK TEETH (0800 825 583).





ACCIDENT & EMERGENCY

What to do for urgent dental care



If your child has a toothache and is in pain:

Appointments for urgent care are available everyday at most Bee Healthy dental clinics.

To make an appointment, call 0800 TALK TEETH (825 583).

If the child has severe pain, large swelling, persistent bleeding or difficulty breathing, please go to the nearest Accident & Emergency department.

If calling outside office hours (8.30am-4.30pm) leave a detailed message and the Bee Healthy team will get back to you as soon as possible.

Call 0800 TALK TEETH (825 583) to make an appointment if:

- Your child has a loose tooth and it has cracked in half and causing pain. This can sometimes happen when the adult (secondary) tooth is coming through.
- If you notice a white spot has appeared on your child's gum, it is important to have this checked. It could be a new tooth coming through or an ulcer or abscess. An abscess appears if a tooth is infected. Infected or abscessed teeth sometimes need to be removed so that the abscess can drain away. If antibiotics are taken, but the tooth is left in the mouth untreated, the infection may come back and cause pain.
- You have any other concerns or questions about your child's teeth

If your child has had an accident and has injured their teeth or mouth:

Contact your local private practice dentist for an appointment. They will help register the injury with ACC. A fee or co-payment may apply, please ask the dentist about this when booking.

Bee Healthy is not an ACC provider so is unable to provide care for injury-related dental issues.



DENTAL CLINIC LOCATIONS

Find your local Bee Healthy Regional Dental Service Clinic



WELLINGTON

| | |
|--------------|---|
| Miramar | Miramar Central School, 38 Park Road |
| Newtown | Selby House, 175a Adelaide Road |
| Johnsonville | Raroa Intermediate School, 39 Haumia Street |

PORIRUA

| | |
|---------------|---|
| Cannons Creek | Brandon Intermediate School, 32 Driver Crescent |
| Titahi Bay | Titahi Bay School, 11 Kura Street |

HUTT VALLEY

| | |
|---------------|---|
| Alicetown | Hutt Central School, 6 Railway Avenue |
| Petone | Petone Central School, 20 Britannia Street |
| Naenae | Naenae Intermediate School, 100 Walters Street |
| Wainuiomata | Next to St Claudine's Thevenet School, 14 Rata Street |
| Stokes Valley | Koraunui School, 47 Montgomery Street |
| Trentham | Trentham School, 2 Moonshine Road |

KAPITI COAST

| | |
|---------------|--|
| Paraparaumu | Paraparaumu School, Ruapehu Street |
| Raumati Beach | Raumati Beach School, 26-34 Raumati Road |



TIPS TO KEEP YOU SMILING

0-6 months



Brush teeth with fluoride toothpaste for two minutes, twice a day

Clean baby teeth as soon as they start appearing, this can be from around 4 ½ months old.

Use a soft cloth, small, soft tooth brush or silicon finger brush with a rice-grain sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride) to gently clean baby teeth.

Avoid sharing toothbrushes between family members.



Spit, don't rinse after brushing

Don't rinse after brushing teeth. This is so the fluoride can keep working to protect teeth.

Fluoride in toothpaste helps strengthen tooth enamel.



Drink tap water and milk

Babies receive their nutritional requirements through breast milk/formula.

Put only breast milk, formula or water in baby's bottle.

Use bottles for feeding, not for comfort.

Avoid putting honey/sugar on pacifiers or teats.

Avoid putting baby to bed with bottle.

Introduce drinking from a cup.



Eat snacks with no added sugar

Babies receive their nutritional requirements through breast milk/formula.

Choose sugar-free foods when introducing solids.

Avoid sharing spoons as bacteria can be transferred to baby.



FREE dental care for under 18s

Babies are enrolled at birth with Bee Healthy Regional Dental Service.

Dental care is FREE from birth until a child's 18th birthday.

If you have any questions call 0800 TALK TEETH (0800 825 583)

For more information, or if you have recently moved into the Wellington region and need to enrol your child, visit:
www.beehealthy.org.nz



TIPS TO KEEP YOU SMILING

6-12 months



Brush teeth with fluoride toothpaste for two minutes, twice a day

Clean baby teeth as soon as they start appearing, this can be from around 4 ½ months old.

Brush teeth for two minutes in the morning and before bed.

Use a soft cloth, small, soft tooth brush or silicon finger brush with a rice-grain sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride) to gently clean baby teeth.

Avoid sharing toothbrushes between family members



Spit, don't rinse after brushing

Don't rinse after brushing teeth. This is so the fluoride can keep working to protect teeth.

Fluoride in toothpaste helps strengthen tooth enamel.



Drink tap water and milk

Put only breast milk, formula or water in baby's bottle.

Compliment breast/formula feeding with tap water from 6 months.

Tap water is free, sugar-free and most water supplies across the Wellington Region are fluoridated to support good oral health.

Avoid putting honey/sugar on pacifiers or teats.

Avoid putting baby to bed with bottle.

Introduce drinking from a cup.



Eat snacks with no added sugar

Choose sugar-free foods when introducing solids.

Prepare sugar-free foods and limit sugar snacks to occasional treats.



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TIPS TO KEEP YOU SMILING

12 -24 months



Brush teeth with fluoride toothpaste for two minutes, twice a day

Brush teeth for two minutes in the morning and before bed.

Use a small, soft toothbrush with a half-pea sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride).

Children need help brushing their teeth until they are around 8 years old.

Avoid sharing toothbrushes between family members.



Spit, don't rinse after brushing

Don't rinse after brushing teeth. This is so the fluoride can keep working to protect teeth.

Fluoride in toothpaste helps strengthen tooth enamel.



Drink tap water and milk

Put only breast milk, formula or water in baby's bottle.

Compliment breast/ formula feeding with tap water from 6 months.

Tap water is free, sugar-free and most water supplies across the Wellington Region are fluoridated to support good oral health.

Avoid putting honey/sugar on pacifiers or teats.

Avoid putting baby to bed with bottle.

Introduce drinking from a cup.



Eat snacks with no added sugar

Choose sugar-free foods when introducing solids.

Prepare sugar-free foods and limit sugar snacks to occasional treats.



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TIPS TO KEEP YOU SMILING

2 - 5 years



Brush teeth with fluoride toothpaste for two minutes, twice a day

Brush teeth for two minutes in the morning and before bed.

Use a small, soft toothbrush with half-pea sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride).

Replace toothbrushes every three months.

Children need help brushing their teeth until they are around 8 years old.

Avoid sharing toothbrushes between family members.



Spit, don't rinse after brushing

Don't rinse after brushing teeth. This is so the fluoride can keep working to protect teeth.

Fluoride in toothpaste helps strengthen tooth enamel.

Avoid eating or drinking after brushing teeth at night.



Drink tap water and milk

Tap water is free, sugar-free and most water supplies across the Wellington Region are fluoridated to support good oral health.

Children should drink from a cup.

Discourage bedtime bottles.



Eat snacks with no added sugar

Choose and prepare sugar-free foods and limit sugar snacks to occasional treats.

Fresh fruits are a great choice for snack time.



FREE dental care for under 18s

Dental care is FREE from birth until a child's 18th birthday.

Children are due for their first appointment after their 2nd birthday.

Preschool children receive their FREE annual dental examination at their local Bee Healthy Dental Clinic.

To make an appointment or if you have any questions, call 0800 TALK TEETH (0800 825 583)

For more info, or if you have recently moved into the Wellington region and need to enrol your child, visit:

www.beehealthy.org.nz





TIPS TO KEEP YOU SMILING

6 years old and over



Brush teeth with fluoride toothpaste for two minutes, twice a day

Brush teeth for two minutes in the morning and before bed.

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride).

Replace toothbrushes every three months.

Children need help brushing their teeth until they are around 8 years old.

Avoid sharing toothbrushes between family members.



Spit, don't rinse after brushing

Don't rinse after brushing teeth. This is so the fluoride can keep working to protect teeth.

Fluoride in toothpaste helps strengthen tooth enamel.

Avoid eating or drinking after brushing teeth at night.



Drink tap water and milk

Tap water is free, sugar-free and most water supplies across the Wellington Region are fluoridated to support good oral health.

Tap water is best to drink when playing sport.



Eat snacks with no added sugar

Choose and prepare sugar-free foods and limit sugar snacks to occasional treats.

Fresh fruits are a great choice for snack time.



FREE dental care for under 18s

Dental care is FREE from birth until a child's 18th birthday.

School aged children receive their FREE annual dental checks on a mobile dental van that visits their school. If a mobile van does not visit your child's school, call 0800 TALK TEETH to make an appointment at your local Bee Healthy Dental Clinic.

If you have any questions call 0800 TALK TEETH (0800 825 583)

For more information, or if you have recently moved into the Wellington region and need to enrol your child, visit:
www.beehealthy.org.nz



TIPS TO KEEP YOU SMILING

12 - 18 years



Brush teeth with fluoride toothpaste for two minutes, twice a day

Brush teeth for two minutes in the morning and before bed.

Use a soft toothbrush with a pea-sized amount of fluoride toothpaste (containing at least 1000_{parts per million} fluoride).

Replace toothbrushes every three months.

Avoid sharing toothbrushes between family members.



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Drink tap water and milk

Tap water is free, sugar-free and most water supplies across the Wellington Region are fluoridated to support good oral health.

Tap water is best to drink when playing sport.



Eat snacks with no added sugar

Choose and prepare sugar-free foods and limit sugar snacks to occasional treats.

Fresh fruits are a great choice for snack time.

Do not smoke— smoking can cause tooth decay, gum disease and cancers.



FREE dental care for under 18s

Dental care is FREE from birth until a child's 18th birthday, even if they are no longer at school.

Adolescent oral health care is transferred to a Health New Zealand contracted dentist in your community.

Free dental care does not include orthodontic treatment.

If you have any queries, need more info, or if you have recently moved to the Wellington region and need to enrol your teenager with a dentist, call 04 570 9273 or email Adolescent_Oral_Health@huttvalleydhb.org.nz



Adolescent Oral Health

What you need to know about free dental care for teenagers

FREE dental care for teenagers

Bee Healthy Regional Dental Service is the community-based dental service for under 18s across the greater Wellington Region.

NOTE: free dental care does not include orthodontic treatment.

Enrolling with a free dentist

At your year 8 dental appointment with Bee Healthy, the Dental Therapist will talk to you about choosing a contracted adolescent dentist. A letter will get sent home to confirm your chosen dentist. When you start college, this is the dentist you will go to for your dental care.

Remember it's FREE until your 18th birthday!

Want to change your dentist?

Call (04) 570 9273 or email

Adolescent_Oral_Health@huttvalleydhb.org.nz and we'll help you change your dentist.

I'm not at college, is the dentist free for me?

Yes! Dental care is free for under 18s, even if you are not at school.

Select a dentist (full list available on our website), give them a call and ask to enrol for free adolescent dental care, or call (04) 570 9273.

How do I know if my dentist is free?

For the full list of free dentists for adolescents across the Wellington Region, go to www.beehealthy.org.nz, or call (04) 570 9273.

Have your contact details changed?

It's important to let your dentist know if you have changed your contact details so they can keep in touch with you and let you know when it's time for your next check-up.

Need to change your appointment?

Remember to call your dentist if you aren't able to make your dental appointment. They'll be able to re-book a time that works better for you.

In pain & need an urgent appointment?

If you need urgent dental care, contact the dentist you are enrolled with.

If you are calling outside their office hours, contact or go to an out of hours service.

Need more information?

Contact Bee Healthy:

Phone: (04) 570 9273 or 0800 825 583

Email:

Adolescent_Oral_Health@huttvalleydhb.org.nz

Online: www.beehealthy.org.nz

Post: Private Bag 31907, Lower Hutt

My Visit to the Dentist



Developed by Vithuran Niruban, Dental Therapist and Natasha McKillop, Dental Assistant.

Bee Healthy Regional Dental Service, 2015



Today I am going to see the dental therapist to get my teeth checked.



I will take a seat in the waiting room.
I can watch a movie while I am waiting for my turn.



My dental therapist will call my name when it is my turn
to get my teeth checked.



I will go into a room with a big chair that moves up and down and backwards.
My dental therapist will wear a mask, gloves and a gown to look at my teeth.



The dental therapist will check my teeth with these tiny tools.
There is a little mirror so they can see all of my teeth and a special hook-shaped pointer to count all of my teeth.

2x2



Bee Healthy Regional Dental Service

0800 TALK TEETH (0800 825 583)

www.beehealthy.org.nz

dental@huttvalleydhb.org.nz

Private Bag 31 907
Lower Hutt 5040

