

Building Blocks of Paediatric Oral Care: A Quick and Practical Guide

Topics at a glance

- Definition and prevalence of early childhood caries
- Risk factors and consequences of early childhood caries
- Strategies for establishing early dental habits in children
- Benefits and safety of fluoride toothpaste
- Recommendations for parents: Key practices for promoting paediatric oral health

Early childhood caries: Definition and prevalence

ECC is the “presence of one or more decayed (noncavitated or cavitated lesions), missing (due to caries), or filled tooth surfaces in any primary tooth in a child under the age of six years old.”

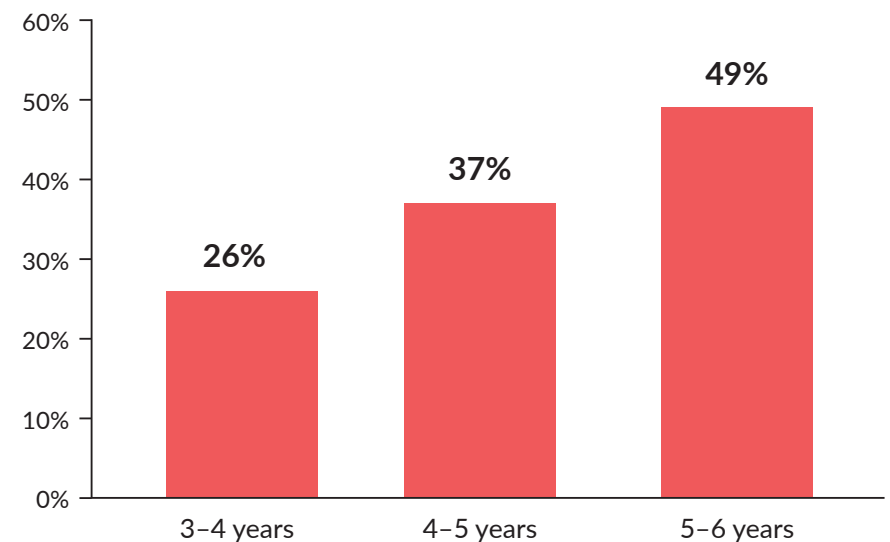
– The American Academy of Pediatric Dentistry^{1,2}

In Singapore:

26–49%
of children **aged 3 to 6 years** have dental caries^{3*}

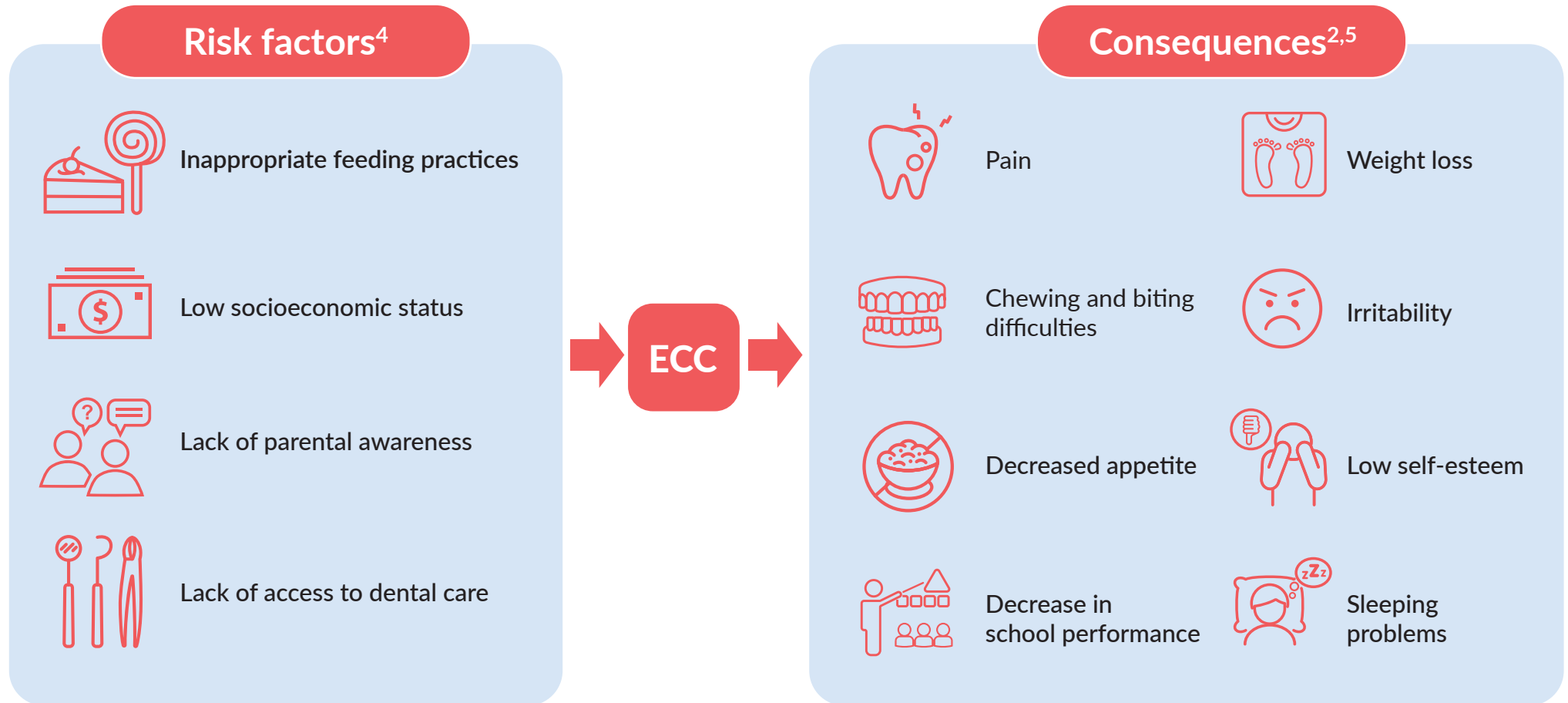
~90%
of lesions are **untreated**^{3*}

Percentage of children with dental caries^{3*}



^{3*}Based on a 2009 cross-sectional study conducted in Singapore involving 1,782 children aged 3–6 years. ECC, early childhood caries.

Early childhood caries: Risk factors and consequences



Strategies for establishing early oral health habits in children

Infancy is a critical period for establishing good dental habits; early-stage dental care can help to prevent ECC.⁶



Start good habits early

From birth, the infant's gums should ideally be wiped two times a day with a clean, damp, soft washcloth, gauze or gum wipes.⁷

This will also help infants become comfortable with the routine of cleaning their teeth.⁷



When to start brushing an infant's teeth?



An infant's teeth should be brushed with an **age-appropriate soft toothbrush** as **soon as teeth appear**, usually **around 6 months of age**.^{7,8}



Parents and caregivers should **assist or supervise tooth brushing** until at least **7 years of age**.⁹

Start good habits early with Pigeon oral care products

Pigeon oral care products have been *co-developed with a Specialist Paediatric Dentist* to support oral care and the development of good oral health habits throughout infancy and early childhood.

To establish the brushing habit for parents/caregivers



Baby Tooth & Gum Wipes



Silicone Finger toothbrush
0-4 milk teeth



Electric Finishing Toothbrush
Starting at 1 year old

To establish the brushing habit for young ones



Lesson 1 Toothbrush
6-8 months



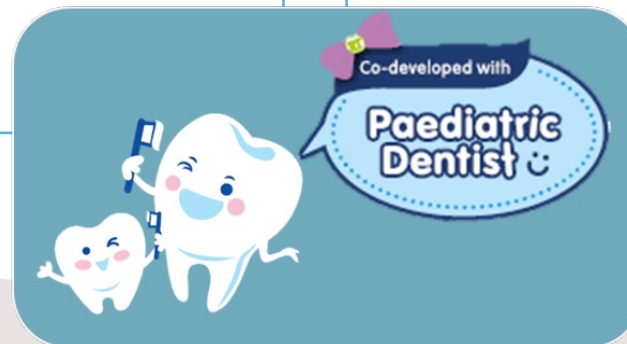
Lesson 2 Toothbrush
8-12 months



Lesson 3 Toothbrush
12-18 months



Lesson 4 Toothbrush
18+ months



Children's Toothgel
1 year old and above

Benefits and safety of fluoride toothpaste

Fluoride *plays a key role* in preventing dental caries.

For the prevention of ECC, **twice-daily toothbrushing with fluoride toothpaste** of a minimum concentration of **1000 ppm** is recommended, from the eruption of the first tooth up to 6 years of age.^{9,10}



Encourage the safe use of toothpaste:

- The European Commission (EC) suggests that toothpaste is **not the main source** of fluoride ingestion in a child less than 2 years of age.¹¹
- The EC also suggests that a concentration of up to 0.15% or 1500 ppm fluoride **does not pose a safety concern** when used by a child less than 6 years of age.¹¹
- To reduce the risk of fluorosis, **parental supervision during brushing and the use of an age-appropriate amount of toothpaste** is strongly advised.⁹


Brushing with Pigeon children's toothpaste

Co-developed with a Specialist Paediatric Dentist, Pigeon offers a toothpaste for children with 1000 ppm fluoride which strengthens tooth enamel and prevents tooth decay.




The recommended amount of toothpaste is^{7,9}:

1 to 3 years old:

 Rice grain-sized toothpaste



3 to 6 years old:

 Pea-sized toothpaste

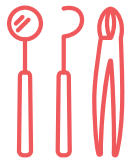


Recommendations for parents: Key practices for promoting paediatric oral health

Practicing other healthy dental habits from infancy, in addition to regular toothbrushing and the use of fluoride toothpaste, can promote good oral health and prevent dental caries.⁶



Visit a dentist regularly, starting from 1 year of age onwards.⁷ Starting early helps the child get used to dental examinations for anticipatory guidance to prevent oral diseases.¹²



Parents and caregivers should visit the dentist regularly to ensure that they do not have any caries that can be transmitted to their child.¹³



Practitioners and caregivers are **advised to lift the child's upper lip** when checking for the presence of caries.⁷



Wipe infants' gums two times a day before they have any teeth.⁷



Minimize oral exposure to natural or refined sugars by avoiding sugary food and drinks for children under 2 years of age.^{6,13}



Do not dip pacifiers in liquids containing sugar.¹³



Avoid letting the infant sleep with a feeding bottle filled with milk, formula, or other sweetened liquids.¹³



Introduce a cup around the child's first birthday, because drinking milk from a cup rather than a feeding bottle can help avoid tooth decay.¹⁴

Summary

- **Starting good dental habits in infancy** is important to promote good oral health in childhood.
- **The use of soft-bristled toothbrush and age-appropriate fluoride toothpaste** with a minimum concentration of 1000 ppm fluoride is recommended to prevent dental caries in early childhood.
- Pigeon offers a **comprehensive range of oral care products co-developed with a Specialist Paediatric Dentist** to support good oral health from infancy.



Find out more about Pigeon oral care products by visiting this website!



Want to know how Pigeon oral care products can benefit your patients? Complete the form at this link, and we will contact you directly!

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PIGEON SINGAPORE PTE LTD
80 Bendemeer Road, #06-01B,
Singapore 339949
Tel. +95 6742 3001 Fax: +65 6745 3522

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MIMS Pte Ltd
438B Alexandra Road Alexandra Technopark #06-11, Singapore 119968
Tel: (65) 6290 7400 Fax: (65) 6290 7401 Email: enquiry.sg@mims.com Website: corporate.mims.com