



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 oral health 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.”

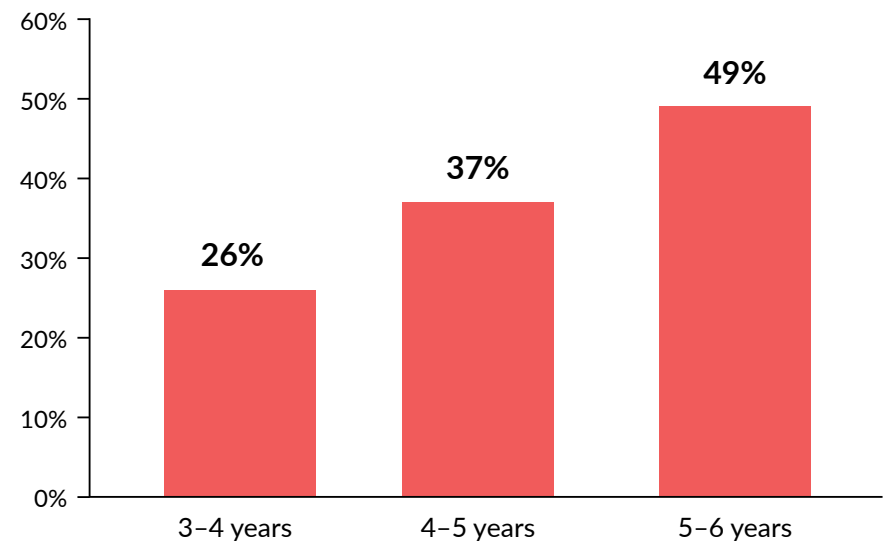
– The American Academy of Pediatric Dentistry^{1,2}

In Singapore:

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

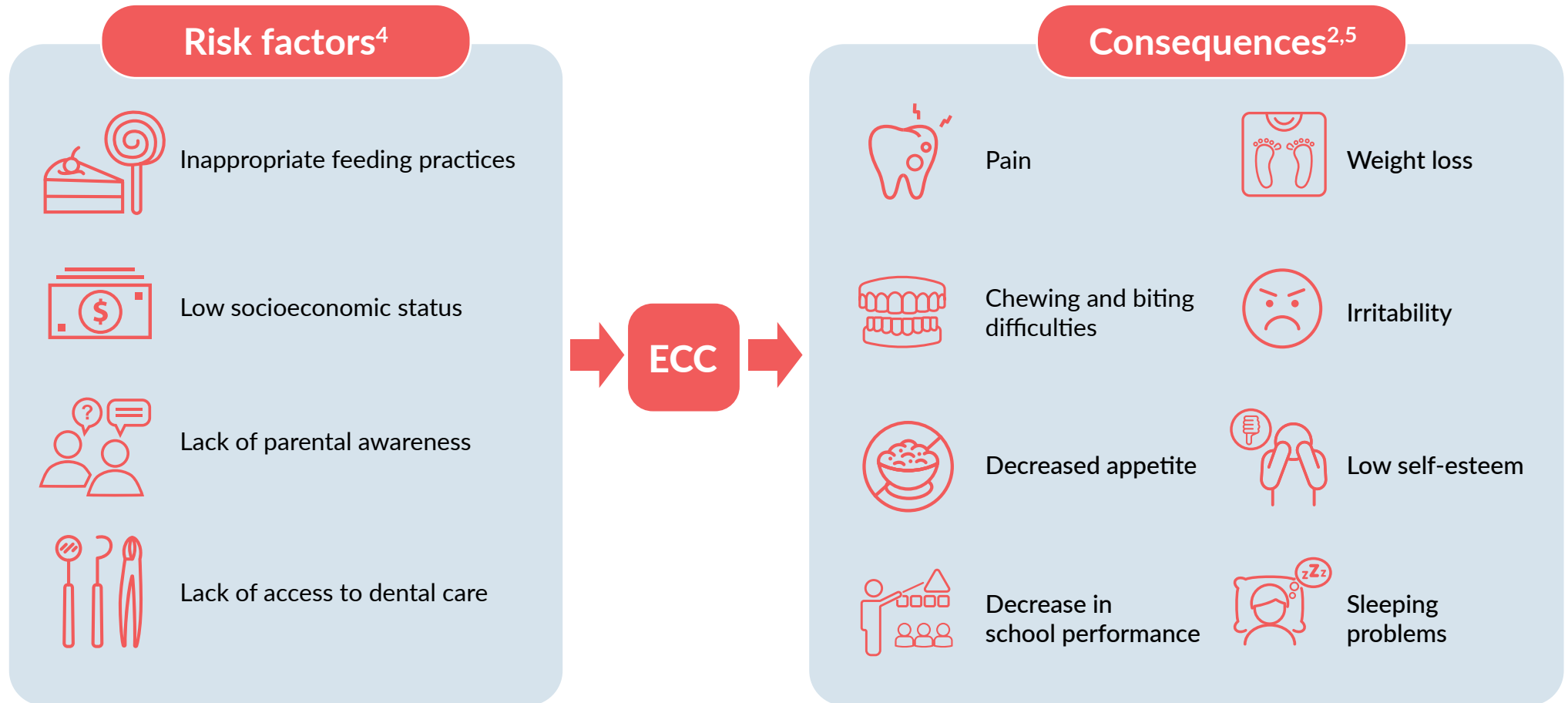
~90%
of lesions are **untreated**^{3*}

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

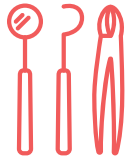


Recommendations for parents: Key practices for promoting paediatric oral health

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 our 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!



REFERENCES: 1. American Academy of Pediatric Dentistry. Definition of Early Childhood Caries (ECC). Available at: https://www.aapd.org/assets/1/7/d_ecc.pdf. Revised 2008. Accessed 23 Mar 2024. 2. American Academy of Pediatric Dentistry. Policy on early childhood caries (ECC): Consequences and preventive strategies. The Reference Manual of Pediatric Dentistry. Chicago, Ill.: American Academy of Pediatric Dentistry; 2023:88-91. 3. Gao XL, et al. *Community Dent Health*. 2009;26(1):12-17. 4. Anil S, Anand PS. *Front Pediatr*. 2017;5:157. 5. Singh N, et al. *J Oral Biol Craniofac Res*. 2020;10(2):83-86. 6. American Academy of Pediatric Dentistry. Perinatal and infant oral health care. The Reference Manual of Pediatric Dentistry. Chicago, Ill.: American Academy of Pediatric Dentistry; 2023:312-6. 7. HealthHub. Baby Teeth, Teething and Oral Health. Available at: <https://www.healthhub.sg/live-healthy/baby-smile-a-little-smile>. Accessed 23 Mar 2024. 8. American Dental Association. Eruption Charts. Available at: <https://www.mouthhealthy.org/en/all-topics-a-z/eruption-charts>. Accessed 22 Apr 2024. 9. Toumba KJ, et al. *Eur Arch Paediatr Dent*. 2019;20(6):507-516. 10. World Health Organization. Ending childhood dental caries: WHO implementation manual. Available at: <https://www.who.int/publications/i/item/9789240000056>. Accessed 20 Mar 2024. 11. European Commission. Scientific Committee on Consumer Products Opinion on the Safety of Fluorine Compounds in Oral Hygiene Products for Children Under the Age of 6 Years. Accessed 23 Mar 2024. 12. HealthHub. Paediatric Dentistry: Child's First Encounter. Available at: <https://www.healthhub.sg/a-z/medical-and-care-facilities/paediatric-dentistry-child-first-visit-dentist>. Accessed 23 Mar 2024. 13. American Academy of Pediatrics. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents. Available at: https://downloads.aap.org/AAP/PDF/Bright%20Futures/BF4_OralHealth.pdf. Accessed 20 Mar 2024. 14. American Academy of Pediatrics. 10 ways to promote oral health in infants. Available at: <https://www.aap.org/en/news-room/news-releases/health--safety-tips/american-academy-of-pediatrics-10-ways-to-promote-oral-health-in-infants/>. Accessed 23 Mar 2024.



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

Sponsored as a service to the medical profession by Pigeon.

Editorial development by MIMS MedComms. The opinions expressed in this publication are not necessarily those of the editor, publisher or sponsor. Any liability or obligation for loss or damage howsoever arising is hereby disclaimed. A qualified healthcare professional should be consulted before using any therapeutic product discussed. Readers should verify all information and data before treating patients or employing any therapies described in this educational activity. © 2024 MIMS Singapore. All rights reserved. No part of this publication may be reproduced by any process in any language without the written permission of the publisher.

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