



DVD
Inside

Smile

Healthy Smiles a family guide



Featuring.....
KRISTI YAMAGUCHI



PHILIPS
sonicare
the sonic toothbrush

Healthy Smiles

a family guide

Dear Parents,



Good oral health offers a child many advantages. Having healthy teeth and a healthy mouth supports a child's overall health, because dental problems can affect the rest of the body. Healthy children perform better in school than children who are distracted by poor dental health or other health problems.

Taking good care of a child's teeth and gums helps prevent painful cavities, sore gums and other health problems. What's more, having a healthy smile enhances a child's appearance, which boosts self-confidence.

This guidebook and DVD can help you take good care of your child's oral health and support your child's overall health. It's never too early to start establishing good brushing habits. As a parent or caregiver, you can take action to prevent dental problems. Help your child achieve a lifetime of good oral health!

Sincerely,

[signature]

Beverly A. Largent, DMD
President, 2008-2009
American Academy of Pediatric Dentistry



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Dental Care Basics



Do you know how cavities and gum disease develop?

The foods we eat leave residue on our teeth. Bacteria that live in our mouths thrive on these food deposits.

Cavities can form when the bacteria break up food sugars into acids. The acids can make the teeth decay, and the decay forms cavities. When cavities are left untreated, they can cause pain and infections.

Gum disease begins with plaque, a thin film on the teeth formed by bacteria and food sugars. Plaque on the teeth attracts more bacteria. This can lead to gum disease, which can make the gums swollen and sore.

Children and adults can fight cavities and plaque in four ways:



1. Brush twice a day.



2. Floss daily.



3. Follow a healthy diet.



4. Visit the dentist every 6 months (some people need to go more often).

Establishing good dental care habits early in life can put your child on the road to a lifetime of good oral health. For a healthy start, children need supervision and help with their daily dental care.



Babies



Dental care begins before a baby's first tooth appears. In fact, it begins during pregnancy.

Before Birth

How well a mom takes care of herself during pregnancy will affect the health of her child, including the child's dental health.

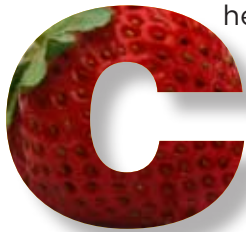
Before birth, a baby needs many nutrients for healthy growth. Therefore, pregnant women should take a multivitamin (or a prenatal vitamin) and eat healthy foods every day.



GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
Make half your grains whole	Vary your veggies	Focus on fruits	Get your calcium-rich foods	Go lean with protein

For detailed guidelines, go to www.mypyramid.gov/mypyramidmoms

Some nutrients are especially important for dental health. For example, fruits and vegetables with vitamin C



help mother and baby have healthy gums. Strawberries, oranges, melons, papaya, tomatoes, peppers, greens, cabbage, and broccoli are examples of foods with vitamin C.

Milk, cheese, and yogurt provide the calcium that mothers and babies need for strong bones and teeth.



Be sure to see your doctor or healthcare professional for regular prenatal checkups. Follow your doctor's advice



for eating the right foods and taking vitamins.

Also start planning how you will feed your baby. Breastfeeding is best for a baby's health.



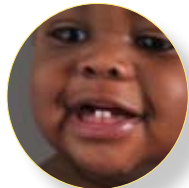
First Year

Daily brushing should begin even before the first tooth appears. Clean your baby's gums twice a day with a soft cloth or a baby toothbrush and water.

When your baby starts to get teeth, brush them with a soft baby toothbrush and a smear of fluoridated toothpaste.



First Dental Visit



The first dental visit should be no later than your baby's first birthday. The American Academy of Pediatric Dentistry (AAPD) recommends taking your child to the dentist when the first tooth appears—usually when a baby is about 6 months old.

At the first visit, the dentist can offer helpful information and guidance on what to expect. During this visit, you and the dentist will talk about your child's eating and drinking habits. The dentist will also review the daily dental care routine for your child.

It can be tempting to try to save money by not taking a child to the dentist. However, early preventive care helps avoid dental problems and saves you the cost of treatment later on. In one study, children who had their first dental visit by their first birthday were less likely to need fillings or other restorative dental work. Their dental costs in the first five years were 40 percent lower than costs for children who did not see a dentist by their first birthday.

Ask the dentist if your child is getting enough fluoride. Babies who don't get enough fluoride from drinking tap water may need a fluoride supplement. The dentist might also recommend giving a fluoride treatment during your child's dental checkup.



Food and Drink

Does your baby ever fall asleep with a bottle? Try to encourage other ways of falling asleep. If you must put your baby to sleep with a bottle, use only water.

Children who fall asleep with a bottle containing milk, formula, juice, or sugary drinks are at risk of getting numerous cavities.

The American Association of Pediatric Dentistry recommends that all babies be weaned from the bottle between 12 and 14 months of age.



Toddlers and Preschoolers

To give your young child a healthy start, take time to brush his or her teeth twice a day. The best times to brush are after breakfast and at night before bed.



For children under age 2, brush teeth with a smear of fluoridated toothpaste. For children over age 2, use a pea-size amount and encourage your child to spit it out after you brush.



When your child can hold a toothbrush, it's time to start learning how to brush. Let your child watch you brush your own teeth. Children enjoy trying to do what their parents do. You might even want to let your child try brushing your teeth—or a favorite doll's teeth.

Be sure to monitor your young child's brushing. After your child practices brushing his or her own teeth, finish the job by brushing your child's teeth. Children need help brushing until they are old enough to tie their own shoelaces, which is usually around age 7 or 8.



Brushing should last for at least two minutes. You can make it a fun time together. For example, you may want to play a favorite song while brushing or tell jokes with your child before and after you brush.

Ask your child's dentist about techniques for flossing a young child's teeth effectively. Flossing should start when two or more teeth are too close together for a toothbrush to clean between them.

Ages 4 and Up

Developing good brushing habits at an early age is important for your child's dental health and overall health. Life is busy, but you need to find time to supervise and assist with your child's brushing.



Children like to brush on their own, and they often want to brush without a parent's help before they are mature enough to do it well.

Therefore, continue to brush your child's teeth after he or she brushes. Do this until your child can brush effectively without your help. By age 7 or 8, most kids are ready to brush independently.



How to Brush

Brush for at least two minutes. Using a timer can help kids brush longer. The most advanced power toothbrushes for kids have a built-in timer.

If you are using a manual toothbrush, brush in a circular motion or in lines moving away from the gums. Power toothbrushes need to be positioned correctly on the gumline. The brush head moves automatically to clean your child's teeth and gums. Using a power toothbrush can make it easier for a child to transition from having a parent brush to brushing independently.

Some power brushes make it easier for a child to brush well. They can also help parents brush a child's teeth effectively.

Flossing

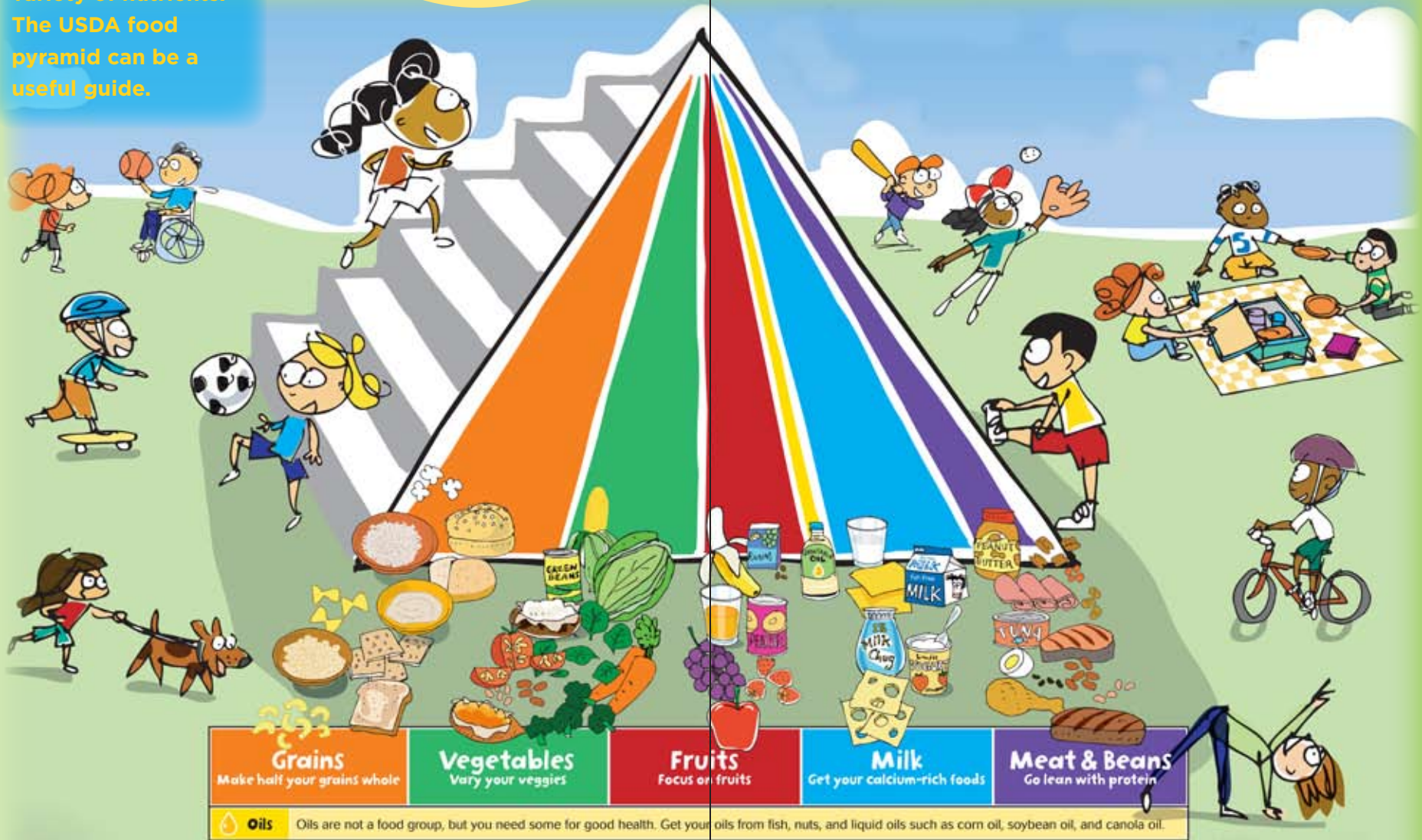
Parents should floss a young child's teeth once a day. Continue flossing until your child is ready to floss independently and do an effective job—at least until age 7 or 8, and possibly until age 10 or so.



Healthy Eating for Healthy Teeth

Good nutrition is vital to dental health. Your child needs a balanced diet with a variety of nutrients. The USDA food pyramid can be a useful guide.

For detailed guidelines, go to www.mypyramid.gov/kids



★ Find your balance between food and fun

★ Fats and sugars — know your limits

Limit sugary and starchy snacks. Giving these too often can increase a child's risk for cavities.

Crackers and fruit snacks can offer nutrients, but encourage your child to brush and floss after eating such foods to help prevent cavities from forming.



Offer your child plenty of fruits and vegetables. Eating foods with vitamin C helps maintain healthy gum tissue. Examples of fruits and vegetables with vitamin C include strawberries, oranges, melons, papaya, tomatoes, green peppers, and broccoli.



Offer whole-grain breads and cereals. These contain iron, B vitamins, minerals, and fiber.

Kids need calcium to develop strong teeth and healthy bones in the gums. Low-fat and nonfat milk, cheese, and yogurt are good sources of calcium. Cheese is one of the healthiest snacks for children's teeth. Cheddar, swiss, mozzarella, and monterey jack cheese help protect teeth from acids that weaken them. Encourage kids to eat cheese for a snack or at the end of a meal. Yogurt and some cheeses contain probiotics ("good" bacteria) that may also help protect the teeth. While milk products are helpful, brushing is still very important.

Good sources of protein include lean meat, poultry, fish, tofu, beans, nuts, and peanut butter.



Toothbrush Guidelines

Your child may use either a manual or a power toothbrush. Either way, your child's toothbrush should be designed for children's smaller hands and mouths. Brush head size should increase as your child grows.



The AAPD recommends using only soft-bristled toothbrushes. Offer appropriate choices, then let your child pick a favorite toothbrush that feels easy to handle. Throw out the brush or brush head every three months and use a new one. Replace the brush sooner if the bristles start fraying. Also, throw the toothbrush away after your child has had a cold, strep throat or other infection.

Different types of power brushes are defined by how the brush head moves.

- **Rotating:** The brush head turns continuously.
- **Oscillating:** The brush head moves back and forth.
- **Pulsating:** The brush head vibrates.
- **Sonic:** The brush head delivers a very fast but gentle sweeping motion.

Some power toothbrushes are designed specifically for children. They may use a lower power setting and a smaller head. A recent study of children ages 7 to 10 found that sonic toothbrushes may remove more plaque than manual toothbrushes.

Power toothbrushes with built-in timers help motivate children to brush for a full two minutes. A timer might also beep every 15 to 30 seconds when it's time to move to the next part of the mouth. There is even a children's power toothbrush that is programmed to gradually increase kids' brushing time. It lets beginners brush for one minute. Then, gradually, over a period of about three months, it builds up to the recommended 2 minutes.



Taking Your Child to the Dentist



Children and adults should visit the dentist every six months. Some people need to go more often.

Some parents put off taking their children to the dentist if it seems as if everything is fine. The trouble is, it takes a trained eye to see cavities and other problems. Furthermore, dentists don't just fix problems; they help to prevent future trouble. Over time, getting regular dental checkups can save money and lead to a lifetime of healthy smiles.

Pediatric dentists specialize in dental care for children. They talk to children using easy-to-understand words, pictures, and ideas. They can help motivate kids to develop good oral-care habits.



At each checkup, you can expect your child's dentist to do the following:

- Clean and polish your child's teeth.
- Apply a fluoride solution or fluoride varnish, as needed.
- Review how to brush and floss.
- Check for tooth decay and other oral health problems.
- Assess whether your child may need to change eating habits, use a fluoride supplement, or have sealants applied. (Sealants can be applied to the chewing surfaces of the teeth, if needed, to help prevent cavities.)
- Answer your questions and your child's questions.

If the dentist finds that x-rays are needed, you can expect the dentist to talk with you about why they are needed before taking any x-rays.



Questions to Ask the Dentist



When you take your child to the dentist, consider asking the following questions:

1. Is my child brushing correctly?
2. How can I help my child brush better?
3. What type of toothbrush would you recommend for my child?
4. Is my child flossing correctly?
5. Do you have any particular concerns about my child's teeth or gums?
6. Should my child wear a mouthguard when playing sports? If so, for which sports?

Resources for Parents and Children

Information for Parents

American Academy of Pediatric Dentistry

211 East Chicago Avenue, Suite 1700
Chicago, IL 60611
(312) 337-2169
www.aapd.org

Select "Parent Resource Center" for parent education brochures, quick tips for busy parents, help finding a pediatric dentist, and more.

Centers for Disease Control and Prevention (CDC) Division of Oral Health

Children's Oral Health page:
www.cdc.gov/oralhealth/topics/child.htm

"Brush Up on Healthy Teeth":
www.cdc.gov/oralhealth/publications/factsheets/brushup.htm

MedlinePlus

A service of the National Library of Medicine and the
National Institutes of Health
www.nlm.nih.gov/medlineplus/childdentalhealth.html

National Institute of Dental and Craniofacial Research

www.nidcr.nih.gov/OralHealth/OralHealthInformation/ChildrensOralHealth

Philips Sonicare

www.sonicare.com

Activities and Information for Children

Dr. Samuel D. Harris

National Museum of Dentistry

*In association with
the Smithsonian Institution*
University of Maryland
31 South Greene Street
Baltimore, MD 21201-1504
(410) 706-0600
www.dentalmuseum.org

MouthPower

www.MouthPower.org
*An online game created by the Dr. Samuel D. Harris
National Museum of Dentistry*

KidsHealth

Nemours Foundation
http://kidshealth.org/kid
*For articles and activities, select "How the Body Works,"
then click on the moving picture for "Teeth."*



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Partner

American Academy of Pediatric Dentistry

Founded in 1947, the American Academy of Pediatric Dentistry (AAPD) is a not-for-profit membership association representing the specialty of pediatric dentistry. The AAPD's 7,500 members are primary oral health care providers who offer comprehensive specialty treatment for millions of infants, children, adolescents, and individuals with special health care needs. The AAPD also represents general dentists who treat a significant number of children in their practices. As advocates for children's oral health, the AAPD develops and promotes evidence-based policies and guidelines, fosters research, contributes to scholarly work concerning pediatric oral health, and educates health care providers, policymakers, and the public on ways to improve children's oral health. For further information, please visit www.aapd.org.



In the Head Start Dental Home Initiative, AAPD and Head Start are partnering at the national, regional, state, and local level to develop a national network of dentists linking more than a million Head Start children with dental homes. A dental home means that each child's oral health care is delivered in a comprehensive, continuously accessible, coordinated and family-centered way by a licensed dentist.



In 1987, AAPD established its foundation, now called Healthy Smiles, Healthy Children: The Foundation of the American Academy of Pediatric Dentistry, to support and promote education, research, service, and policy development that advance the oral health of infants and children through adolescence, including those with special health care needs. For further information, please visit www.aapd.org/foundation.

Credits

Healthy Smiles: A Family Guide has been made possible through the expertise, time, and efforts of many individuals who are committed to children's oral health. Special gratitude to:

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American Academy of Pediatric Dentistry (AAPD)

Contributors to the Video

Joel Berg, DDS, MS

Professor, Lloyd and Kay Chapman Chair for Oral Health Chair, Department of Pediatric Dentistry University of Washington School of Dentistry

Director, Department of Dentistry
Seattle Children's Hospital
Seattle, Washington

Beverly A. Largent, DMD

President, 2008–2009
American Academy of Pediatric Dentistry
Chicago, Illinois

Owner, private pediatric dental practice
Paducah, Kentucky

Linda Blackiston, RDH, BS

Manager, Global Professional Education
Philips Consumer Lifestyle
Makers of the Philips Sonicare

The Dr. Samuel D. Harris National Museum of Dentistry

Baltimore, Maryland

Photograph by John Russo



Special Thanks to:

KRISTI YAMAGUCHI

Kristi Yamaguchi is a well-known U.S. figure skater and the 1992 Olympic Champion in women's singles. In May 2008, she became the celebrity champion in the sixth season of *Dancing With the Stars*. Her father is a general dentist. Yamaguchi and her husband have two young daughters.

Project Manager

Gina Conrad Black
Executive Producer
Conrad & Associates, LLC

Author

Nancy Henderson
Henderson Editorial
<http://hendersoneditorial.googlepages.com>

Cover and Guidebook Design

Cinda Debbink
Design Partners
www.dgdesignpartners.com

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Healthy Smiles *a family guide*

Good oral care for your child helps to prevent painful cavities and sore gums. It also supports your child's overall health, because dental problems can affect the rest of the body.

This guidebook and DVD can help you:

- Take good care of a young child's teeth and gums.
- Help your child establish good brushing habits.
- Prevent future dental problems.

In the DVD, you will meet champion U.S. figure skater Kristi Yamaguchi, who has two young daughters and whose father is a general dentist. You will also get valuable advice from leading pediatric dentists.



Featuring
KRISTI YAMAGUCHI

Help your child achieve a lifetime of oral health!

