

Childhood Caries



Tooth decay (Caries) in children is extremely common but can be prevented by taking very simple measures early on in your child's life.

What is Childhood Caries?

It is tooth decay that occurs in the primary (baby) teeth of young children. It occurs when the child's teeth are frequently exposed to sugary liquids and mild including breast milk, formula, fruit juice, soda and other sweetened liquids – for long periods of time.

Tooth decay in baby teeth can progress rapidly to cause pain and even harm the permanent teeth that are still growing under the gums.

What causes Caries?

Bacteria in the mouth use the sugars found in liquids and food to produce acid that attack the teeth. The acid can attack the teeth for 20 minutes or longer. After repeated and many attacks tooth decay can result.

How to keep your child's teeth Healthy!

- Take an active role in caring for your child's teeth by cleaning them at home, providing a balanced diet and scheduling regular dental visits. It is important that parents and care-givers teach and practice healthy habits that children will continue in adulthood.

- Start brushing early with a soft bristled brush as soon as the first tooth appears gently with water and around the gums.
- If you are considering fluoride toothpaste please refer to your dentist.
- Do not feed bottles, fruit juices, pacifiers dipped in sugar around sleep time.
- Encourage to drink by a training cup after their first birthday.
- Do not allow for the cup to be carried around in the car or stroller as this will allow frequent sipping of sugary liquids that will cause tooth decay.
- Limit between meal snacks.
- Avoid sweets and drinks to reward your child.

If you wish to check your child's teeth and/or require fluoride treatment for the little wonders please don't hesitate to contact Dr Rafia Mustafa for a consultation who would be happy to assist you in keeping your child's teeth clean and healthy.

Dr Rafia Mustafa