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**Combi Stroller
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for more
details **102**

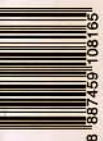
More than a
CRAMP...
What you need to know

Dyslexia
Learning differently

MUST-READ!  **Splish-splash-splash**
Bathe your baby right

**Diaper
Debate**
Cloth vs. disposable

Eating
Smart
for Baby



Q & A

How do I prepare my child for his/her first dental visit?

Make your child's first visit to the dentist a pleasurable one and going for subsequent visits will be a breeze. Most importantly, a child's first dental visit should never be a traumatic experience. Prepare your child for the visit by reading with him or her story books like the Dora Series Show Me Your Smile - A Visit To The Dentist or role playing with toys such as the "Play-doh Dr Drill and Fill Play Set". Drop frequent fun, positive, and exciting reminders about the upcoming event and remember to steer your child clear of words with negative associations like "pain, injections, needles, and hurt", especially from other children and siblings.

What will I expect at my child's first dental visit?

This really depends on how comfortable your child is at his or her first visit. For an anxious child, we would get him or her familiar and comfortable with the dental room by letting your child ride the dental chair up and down, play with the mouth mirror, and make balloons out of gloves. At the next visit, we will do a simple polishing and then later, more extensive treatments. However, if your child is comfortable with the environment, we will scale and polish, and address simple issues at the first visit.

What are the common problems with children's teeth?

Most problems we encounter are preventable. One of them is nursing caries or milk bottle decay, which we see several a week. This pattern of decay is caused by routine and prolonged on demand feeding usually from the bottle left in an infant's mouth to pacify them to sleep. Milk or feeding formula contains sugar which feeds the oral bacteria precipitating the onset of dental decay. Replace the formula with water or dilute the milk or formula. Teeth should also be cleaned after the feed. Traumatic injuries are another frequently seen problem. Those that occur from participation in sports (school age children) are minimised by the usage of a mouthguard. Over the counter mouth guards can be used but custom fitted ones made by a dentist offer better support but they will need to be adjusted annually as your child's teeth grow. Mouthguards are HIGHLY recommended for all contact sports.

How do you clean a toddler's teeth?

Children's teeth usually start to erupt around 5 months. At this early stage, clean your baby's teeth with a clean piece of gauze or a soft-bristled baby toothbrush after each meal and most importantly before bed time.

The use of adult toothpaste containing fluoride should be restricted till a time when your child can successfully spit it all out without swallowing, as excessive ingestion will cause discoloration to the developing teeth called fluorosis and an acute excessive amount can cause illness. Children's toothpaste contains a lower concentration of fluoride than adult's toothpaste and this limits the occurrence of fluorosis. Generally speaking, floss should also be used as soon as the teeth are in close contact. Your dentist can advise you on the correct method.

How do baby teeth develop?

The eruption of teeth into their baby's mouth may seem to occur haphazardly to most parents, but there are often variations in both timing and sequence for each child. The general pattern of tooth eruption is described as follows. Beginning around the fifth month the top two and bottom two central incisors should erupt. Subsequently, new teeth will continue to emerge till about the age of 20-24 months by which time your child's first dentition will be fully established. If there are large variations it would be best to see a dentist for further investigations. When the teeth erupt, it is common for your child to experience some discomfort, and possibly red and swollen gums overlying the location of the emerging teeth. This discomfort can be partially relieved by applying something cool to the area. Soft teething rings cooled in the fridge for about 15-20 minutes prior to use or an equivalent soft chewable material like a cool damp clean cloth are recommended. Please make sure that whatever is used is not so small that it might potentially be breathed in or swallowed. Occasionally, a slight fever may develop at the same time as when teething occurs. This should not last more than a day and should not exceed 37.5 degrees Celsius as taken from the ear. Anything contrary to this may indicate a medical issue and you should seek an opinion from your child's doctor.



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