

Aim for 0 tooth decay!

To parents with children attending early childhood centers, kindergartens and daycare centers

# Let's do a mouth and tooth dental check.

1 in 12 children\* experience tooth decay in this day and age!

\*3 year olds in Shizuoka City (2019)

In today's dental care class, 3 promises were made with your child.



- ① **Set a regular snack time! (1 snack time a day)**
- ② **Chew well when eating!**
- ③ **Have someone do a final polishing brush after brushing your teeth!**

Take this opportunity to learn about dental health care in family.



## Tooth decay in milkteeth

**Tooth decay in children can progress very quickly!**



Bacteria live in the cavities in teeth. If childhood are not treated, the bacteria can be transferred to adult teeth, leading to tooth decay!



Try the checklist now to see if you can circle 10 flowers!!

If you answer "yes" to a question, trace the flower in red!

**Check!!**

## Is the snack habit adequate?

Eating or drinking irregularly raises the risk of developing tooth decay!

① Is your snack time regular everyday?



② Do you eat snacks moderately?



③ Do you avoid drinking juice or sports drinks to quench your thirst?



Water or tea (green/barley tea, etc.) are the best options for rehydration.



**Check!!**

## Does the size of the toothbrush fit your child's mouth?

④ Compare the size of your toothbrushes!

For parents to check the polish



For children to brush their teeth



Toothbrushes with flared bristles need to be replaced.



**Check!!**

# Is final polish brushing done by a parent?

Parents and children should floss!

⑤ Is a final polish after brushing done everyday?



⑥ Is fluorine-containing toothpaste used?



Fluorine strengthens the tooth enamel, protecting teeth from decay.

⑦ Is dental floss used?



It's effective for preventing decay between teeth.

**Check!!**

# Do you chew well all food you eat?

Chewing well has lots of advantages such as active brain stimulation and clear pronunciation!

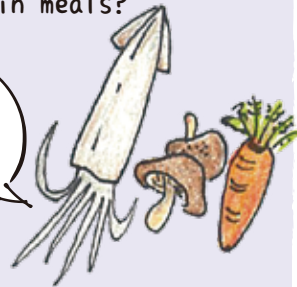
⑧ Is the food washed down with a drink?



⑨ Are ingredients that require more chewing used in meals?



Cut ingredients in slightly larger sizes to increase chewing.



⑩ Is each bite chewed at least 30 times?



Take on the challenge as a family!



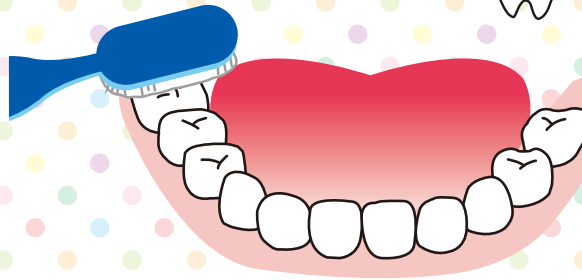
How many flowers do you have?

10~7 : Keep up the good job!

6~4 : Try a little harder!

3~0 : Let's do better!

## Molars of a 6 year old



Molars are positioned low, making them hard to reach. They can be brushed by inserting the toothbrush through the side.



Choose a regular dental healthcare practitioner and get about 3 dental checkups a year! Strengthen your teeth by having fluorine applied to the teeth surface, to prevent tooth decay!

Oral Health Care Support Center  
Shizuoka City

☎ 054-249-3175 FAX 054-209-1063

Shizuoka City has formulated the Dental & Oral Health Care Promotion Plan "Hatsuratsu Smile Plan" in March 2021.

