

# TOOTH DECAY IN KIDS



**Tooth decay is a common issue among children that can lead to pain, infection, and even tooth loss.**

## PREVENTION AND CARE

It is crucial for parents to understand the causes of tooth decay as well as how to prevent and treat it effectively to ensure the well-being of their child's dental health.

## WHAT CAUSES TOOTH DECAY?

Tooth decay in kids is caused by the breakdown of enamel due to acids produced by bacteria in the mouth. These bacteria thrive on sugars and starches from food and drinks, forming plaque that adheres to teeth. Poor oral hygiene, frequent snacking, and sugary diets are significant contributors towards tooth decay.

## HOW TO TREAT TOOTH DECAY

If your child gets a cavity (a hole in their tooth), here's how the dentist can help:

**Small cavity** - The dentist might recommend brushing their teeth really well and using a special toothpaste to make their teeth strong again.

**Medium cavity** - The dentist might clean the cavity and fill it with a special material to keep their tooth strong and healthy.

**Big cavity** - If the cavity is really big, the dentist might need to put a special cover (called a crown) on their tooth or in some cases, remove the tooth.

It's important to visit the dentist early if you think your child has a cavity. This way, their teeth can stay healthy and strong!

## WHEN SHOULD YOU TAKE YOUR CHILD TO THE DENTIST?

Children should visit the dentist regularly, starting from the age of one or within six months after their first tooth sprouts. Regular check-ups every six months help in early detection and treatment of tooth decay. Immediate dental visits are necessary if your child experiences tooth pain, sensitivity, or visible signs of decay.



## TIPS FOR KEEPING YOUR CHILD'S TEETH HEALTHY:

1. Brush twice daily: Ensure your child brushes their teeth twice a day with toothpaste. Use a small, soft-bristled toothbrush and teach them proper brushing techniques.
2. Floss daily: Floss your child's teeth daily to remove plaque and food particles between teeth.
3. Limit sugary foods and drinks: Reduce the intake of sugary snacks and drinks that contribute to tooth decay.
4. Regular dental check-ups: Schedule dental visits every six months for professional cleanings and examinations.
5. Encourage healthy eating: Promote a balanced diet rich in fruits, vegetables, and dairy products that support dental health.



# NATURAL TOOTHPASTE OPTIONS

Using natural toothpaste options can be beneficial for children. These toothpastes are free from harmful chemicals and contain natural fluoride alternatives to protect and strengthen young teeth.

## INGREDIENTS AND THEIR BENEFITS IN NATURAL TOOTHPASTE:

- 1. **Neem:** Neem is well-known for its antibacterial properties, which help in fighting the bacteria that cause cavities and plaque build-up. It also soothes gums and prevents gum disease.
- 2. **Miswak:** Miswak, also known as the toothbrush tree, has natural antibacterial and antiseptic properties. It helps in reducing plaque and gingivitis, ensuring overall oral health.
- 3. **Pomegranate:** Pomegranate extract is rich in antioxidants and has anti-inflammatory properties that help in maintaining healthy gums and teeth. It also reduces the chances of oral infections.
- 4. **Xylitol:** Xylitol is a natural sugar alcohol that reduces the growth of bacteria in the mouth. It helps in preventing cavities and improving overall dental health.
- 5. **Aloe Vera:** Aloe Vera has soothing properties that help in healing and maintaining gum health. It also acts as an anti-inflammatory agent.

By implementing good oral hygiene practices, limiting sugary foods, and using natural toothpaste options, parents can help maintain their child's dental health.

Himalaya's kids toothpaste range provides a safe and effective solution for keeping your child's teeth healthy and strong.



*Please note:* This brochure is for educational purposes only and is not intended to provide a diagnosis or treatment or replace the advice of your doctor, pharmacist, primary health care nurse or other health care provider. You are advised to discuss any questions or concerns you have with your health care provider.

### Medical References

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