



## **Should early childhood caries persist into the next generation?**

It is imperative to prevent early childhood caries (ECC) not only for the children of today but also for those of tomorrow. The dental health, speech development, and general quality of life of a kid can all be adversely affected by ECC if treatment is not received.

Thankfully, there are actions that caregivers and parents may do to stop early childhood decay (ECC). The following advice can help avoid ECC and teach the next generation of oral hygiene habits:

1. Get started early – The first thing you should do is use a gentle cloth to wipe your baby's gums after feedings, and as soon as their first tooth erupts, introduce them to a toothbrush.
2. Set a good example for your children – As they pick up on their behavior, it is crucial that you maintain proper dental hygiene yourself. It's important to encourage your child to brush and floss on a regular basis.
3. Educate your child: Inform them about the

## **Your Saraswati team is here to help!**

We are proud to be well-known paediatric dental experts in Saraswati Dental college and Hospital. We are here to help you and your child adjust to their new world of dentist visits in any way that we can. If you think it would be helpful to introduce your child to our team before their appointment, please let us know and we are happy to make that happen.

You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions, and if you're ready to schedule your child's visit, let's get started!

risks associated with sugar-filled snacks and beverages. Limit their exposure to sugar-filled snacks and beverages and encourage them to brush and floss on a regular basis.

4. Make time for routine dental examinations – Routine dental examinations are crucial for preventing ECC. Your child's dentist can keep an eye on their dental health and offer advice on how to keep a happy, healthy smile.

5. Make brushing and flossing enjoyable - Inspire your youngster to participate actively in their oral hygiene by making brushing and flossing enjoyable. You can turn it into a competition, play games, or sing songs.

You may help prevent ECC and teach the next generation of oral hygiene practices by adhering to these easy steps. Keeping your teeth in good health requires practicing good dental hygiene.