

Dental Health & Children

小孩與牙齒健康



BUILDING HEALTHY TEETH

保持牙齒健康

Healthy baby teeth are important to your child's growth and development. Baby teeth are meant to last. Many baby teeth do not fall out until your child is 10-12 years old. Take care of baby teeth. Tooth decay can start as soon as teeth come in. If you start good habits early, tooth decay can be prevented.

BEFORE YOUR CHILD GETS TEETH:

- As a parent, you should get your mouth in as good shape as possible. Tooth decay bacteria spreads from you to your child. Make sure your teeth are healthy
- Ensure your baby unlatches from breast or bottle when they fall asleep
- Clean inside your baby's mouth every day with a damp washcloth

健康的乳齒對你子女的成长和發展十分重要。乳齒應一直保持，其中不少乳齒到孩子10至12歲才會脫落。小心護理乳齒，因為蛀牙可能早至出牙時便開始。如果你能及早為子女養成良好的護齒習慣，是可以預防蛀牙的。

孩子出牙之前：

- 作為家長，你應保持自己的口腔健康。確保你牙齒的健康，才可預防蛀牙病菌從你傳染給你的嬰兒
- 嬰兒入睡後，應確保他們的嘴巴不再含著乳頭或奶瓶
- 每天用濕布清潔嬰兒的口腔內部

AS SOON AS TEETH COME IN:

- Use a small, soft toothbrush to clean the teeth twice a day
- Brush with a small amount of toothpaste (about the size of a grain of rice) to keep the teeth strong
- Teach your child to drink from a cup as soon as they can sit up

AROUND YOUR CHILD'S FIRST BIRTHDAY:

- It is time for a dental visit. Tooth decay can be stopped if treated early. Your dentist will talk about daily care, teething, fluoride, and eating habits. They will let you know how often they would like to see your child
- Keep brushing with toothbrush and fluoride toothpaste twice a day
- Teeth that touch should be flossed once a day
- Offer water between meals
- Your child should no longer be using a bottle

剛出牙時：

- 每天兩次用一把細小、柔軟的牙刷清潔嬰兒的牙齒
- 用少量的牙膏（約一粒米的大小）為嬰兒刷牙，保持牙齒堅固
- 嬰兒一懂得坐起，立即教他們用杯來喝飲料

嬰兒約1歲時：

- 是時候檢查牙齒了，萬一發現蛀牙，也可盡早治療。牙醫會和你談到日常護理牙齒的常識、出牙時期、含氟牙膏、飲食習慣等，也會告訴你每隔多久再帶孩子來見牙醫
- 堅持每天兩次，使用牙刷和含氟的牙膏替嬰兒刷牙
- 每日一次，使用牙線來清潔牙齒與牙齒之間的牙縫
- 兩餐之間給嬰兒喝水
- 你的嬰兒不應再用奶瓶了

3 YEARS AND BEYOND:

- Your child should have all their baby teeth now
- Offer small healthy snacks at set times and water between meals. Frequent eating and drinking liquids other than water can lead to tooth decay
- Keep up the good work brushing for your child – your child won't be able to do a good job brushing their teeth until they are around 8 years old
- Brush with a pea-sized amount of fluoride toothpaste twice a day now
- Visit the dentist regularly

Congratulations! You have built some healthy dental habits. Regular dental visits; good daily oral care; and healthy eating will help keep your child's baby teeth in good shape. Between the ages of 6 and 12 years, your child has both baby and adult teeth in their mouth. Healthy baby teeth lead to healthy adult teeth.

3歲及之後:

- 孩子的乳齒現在應該出齊了
- 在正餐之間定時給孩子吃健康的小食和喝水,經常進食和喝其他飲料會引起蛀牙
- 繼續幫你的孩子刷牙 - 孩子要到8歲左右,才懂得好好地自己刷牙
- 每日兩次用一粒豌豆大小的含氟牙膏來替孩子刷牙
- 定期帶孩子約見牙醫

恭喜你!你已經為子女養成保持牙齒健康的好習慣。定期檢查牙齒、良好的日常口腔護理以及健康的飲食習慣,將有助維持你孩子的乳齒健康。在6歲到12歲期間,孩子的口腔內既有乳齒又有恆齒。乳齒健康,恆齒也會健康。

✓ Dental TIP 牙齒護理小提示

- ✓ Brush and floss in front of your child to set a good example
- ✓ Position yourself behind your child to brush their teeth

在孩子面前用牙刷和牙線清潔牙齒,樹立良好的榜樣
站在孩子的背後來幫他們刷牙

WHEN TO ASK QUESTIONS:

- Parent has tooth decay
- Child sips and snacks often during the day
- Child is not cooperative with daily oral care
- Child has white, yellow or brown areas on the teeth; teeth are dull
- Gums bleed when brushed

WHO DO YOU ASK FOR HELP?

- Your family dentist
- A public health dental hygienist (604-233-3150)

WHERE TO GET HELP:

- Information on Healthy Kids Benefit (government support for the cost of children's dentistry) @ 1-866-866-0800
- "Find A Dentist" at www.bcdental.org
- Free oral screening and preventive services for children 0-6 who do not have a dentist @ Richmond Public Health (604) 233-3150

何時要提出疑問:

- 家長有蛀牙
- 孩子日間經常喝飲料和吃點心
- 孩子不肯合作每日照顧自己的口腔衛生
- 孩子的牙齒上有白色、黃色或啡色的牙漬,或牙齒暗啞色
- 刷牙時牙齦出血

向誰求助:

- 你的家庭牙醫
- 公共健康牙齒衛生員 (604-233-3150)

向何處求助:

- 有關健康兒童福利 (Healthy Kids Benefit) 的資料,可致電1-866-866-0800查詢。這是一項政府為兒童牙齒護理提供補助的計劃
- 請登入www.bcdental.org瀏覽「尋找牙醫」部分
- 列治文公共衛生部 (Richmond Public Health) 為0-6歲沒有牙醫的小孩子提供免費的口腔檢查及預防服務 (電話: 604-233-3150)

