Oklahoma Oral Health Coalition

The Oklahoma Oral Health Coalition believes that every child deserves a healthy start; this healthy start begins with good oral health.

Opening doors to

Preventing Early Childhood Caries (ECC)

www.oohc.org

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Early Childhood Caries (ECC) is a highly preventable disease that affects children under age six. ECC can result in aggressive tooth decay. As soon as teeth appear in the mouth, decay can occur. If left untreated, ECC can destroy the teeth of an infant or young child.

A beautiful smile can lead to a beautiful future.

ORAL HEALTH IS ESSENTIAL TO OVERALL HEALTH

Oral health is the health of your mouth, including your teeth, gums, throat, and bones around the mouth. A healthy mouth helps children:

- Learn to talk
- Eat and chew
- Be ready for school and improve learning
- Be happier and more playful

EARLY CHILDHOOD CARIES CAN BE PREVENTED

ECC is caused by germs that lead to cavities. ECC can be prevented by:

- Cleaning your child's teeth twice daily
- Choosing water over sugary drinks (including fruit drinks and juice)
- Choosing fruit over sticky snacks
- Not putting your child to bed with a bottle (except for water)

FAMILIES NEED THE KEYS

Families need the right "keys" to prevent ECC such as:

- Take your child to a dentist by age one; baby teeth affect permanent teeth
- Get fluoride from toothpaste, water, and fluoride treatments from a health profressional
- Take care of ***your*** teeth; adults with healthy mouths have children with healthy mouths
- Visit https://www.mouthhealthy.org/en/babies-and-kids for more information

Impacting the health of Oklahomans through collaboration, coordination, and education.