

THE MOST COMMON CAUSE FOR ECC

Nursing Bottle Caries

When a child sleeps with a bottle of milk, formula, or juice, sugars pool around the teeth for hours. This gives the perfect environment for decay.

NEVER



Most preventable cause of ECC.

Decay appears mostly in upper incisors in a band pattern

Prevention

Simplest

- Develop a habit of giving water after every feed.

*"You caught it.
Now let's stop it
before it spreads."*

Book Your Child's First Dental Visit Today

When To See A Dentist

Immediately

- You notice **any white or brown-spot** on your child's teeth
- Your child complains of **tooth pain** or sensitivity to hot, cold, or sweet foods
- You see **swelling** near the gum around any tooth
- Your child is **avoiding food** on one side of the mouth

[Clinic Name]

Dr. [Doctor's Name] · [Qualification]

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6Months +

Brushing Is A Must



Your Child's Teeth Are At Risk

Early childhood caries is the most common chronic disease in children and most parents don't recognise it until it's already spreading. Know the signs. Start today.

One habit prevents majority of nursing bottle caries

DocPrints by MindYourMolars · Patient education designed for clarity, care, and confidence.

KNOW THE SIGNS

Early Childhood Caries

Tooth decay in children under 6 years of age.

Stage: 1



Chalky white or opaque patches on the tooth surface, usually near the gumline. No cavity yet. No pain. Easily missed.

✓ **Fully reversible with fluoride treatment at this stage.**



Stage: 2

The white spot has darkened to light brown. A small cavity is forming. Decay spreads in weeks. This stage requires immediate attention.

→ **SDF treatment can arrest the spread before it deepens.**

5×

Early childhood caries is 5 times more common than asthma in young children.

Milk teeth matter. They hold space for permanent teeth. Losing them too early causes crowding, alignment problems, and speech delays.



Stage: 3

Dark brown or black, spreading cavity. Risk of infection, pain, and damage to the permanent tooth underneath.

! Filling required. All bacteria must be removed immediately.

AT HOME EVERY DAY

Start Before It Starts

These steps, done consistently, prevent the majority of early childhood caries.

- 01 Start Fluoride Toothpaste**
Use a rice-grain amount of fluoride toothpaste at first tooth. The fluoride protects enamel from day one.
- 02 Parents Brush Kids Teeth**
Children cannot brush effectively until age 7–8. Use small circular motions, covering all surfaces. Two minutes, twice daily.
- 03 Do Not Rinse After Brushing**
Spit — do not rinse. Rinsing washes away the fluoride that needs to remain on the teeth to do its job.
- 04 Give water after every feed.**
Never put the child to bed with a bottle containing anything other than water.