



National Dental
Centre Singapore
SingHealth

Early Childhood Caries 幼儿龋齿



Tooth decay in children under the age of 6 is known as Early Childhood Caries (ECC). ECC affects 4 out of 10 preschool children in Singapore.

Why bother?

Decay on milk teeth can progress and cause toothaches which can affect your child's eating and sleeping. Severe decay can lead to dental infection and facial swelling, which can affect the development of your child's adult teeth.

You're right! Milk teeth eventually drop, but they don't drop as early as you think they do! The molars (teeth at the back) only drop when your child is between 10-12 years old. Imagine having all that infection going on for so many years.

Thankfully, decay is preventable! Identifying and addressing the risk factors that caused ECC in your child will help to prevent decay on their other teeth.



What causes ECC and how can I prevent it?

- Poor oral hygiene due to infrequent or improper tooth brushing can result in plaque accumulation, causing decay and gum disease. Ensure that thorough tooth brushing is done at least twice a day. Your child should fall asleep with clean teeth! This means no eating or drinking anything (except plain water) after your child's teeth are brushed at night.



- Frequent and prolonged consumption of liquids containing sugar

Apart from soft drinks and syrup drinks; fruit juices, formula milk and even breast milk, all have sugars in them too! When given to your child on demand and for a prolonged duration each time, these drinks can cause decay at the upper front teeth. Decay at the upper front teeth can be unsightly and may affect your child's confidence. Wean your child off the bottle by age 1 year.

- Frequent consumption of sweets, chocolates and sweet snacks (biscuits and cakes)

The decay-causing bacteria in our mouths love sweet food. Frequent consumption of sweet food (for e.g. eating a sweet or a biscuit every hour) causes the bacteria to produce a lot of acid, resulting in decay. Limiting your child's consumption of sweets, chocolates and sweet snacks can help to reduce the risk of decay.



For more advice on preventing decay, visit our website.

六岁以下患有龋齿的孩子可称为患有幼儿龋齿。在新加坡，每十名幼儿中就有四名患有幼儿龋齿。

这与我相干？

乳牙龋齿的发展可导致牙痛，造成饮食问题及影响您孩童的睡眠。严重的龋齿也可导致口腔感染和面部肿胀，影响您孩童恒牙的发育。

没错！乳牙终究会脱落，却并没您想的那么早！臼齿（后牙）只会在您孩童十至十二岁才脱落。让感染持续这么多年绝不是一件好事。

幸好龋齿是可预防的！提早辨认及处理导致您孩童患有幼儿龋齿的因素可帮助预防健康牙齿的龋坏。



幼儿龋齿的病因与预防措施是什么？

- 不经常刷牙或不正确的刷牙方式可导致不良的口腔卫生与牙菌斑的积累，从而形成龋齿或牙龈疾病。每天至少要仔细刷两次牙。您孩童在睡觉前应该有一口干净的牙齿！这意味着您孩子在晚上刷牙后应该禁止饮食（除了白开以外）。



➤ 经常和长期喝含糖的饮料

除了汽水和糖浆饮料，果汁、配方牛奶甚至母乳都是含糖的！按需供给与长时间地让您孩童喝此类的饮料可造成上门牙龋齿。这并不美观，也可能影响到您孩童的自信。宝宝在一岁后就不应该再用奶瓶了。

➤ 经常食用糖果、巧克力和甜点（饼干和蛋糕）

我们口腔中导致龋齿的牙菌斑最喜欢甜食了。经常食用甜食（比如：每小时吃一颗糖果或一块饼干）会导致牙菌斑产生大量的酸，造成龋齿。限制您孩童食用糖果、巧克力和甜点能助于降低龋齿的风险。



请浏览我们的网站了解更多关于防范幼儿龋齿的详细。



**National Dental
Centre Singapore**

SingHealth

5 Second Hospital Avenue Singapore 168938 • Tel: (65) 6324 8802 • Fax: (65) 6324 8810
Email: enquiries@ndcs.com.sg • www.ndcs.com.sg • Reg. No. 199505641

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