

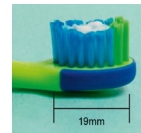
A guide to a healthy mouth in children

From 3 to 12 years

This leaflet gives simple steps that parents and carers can take every day to protect and improve their oral health. The evidence based advice is from Delivering Better Oral Health.

Brushing children's teeth

- Brush at least twice a day with fluoride toothpaste last thing at night and on at least one other occasion.
 - Brushing at bedtime is important as it makes sure the fluoride continues to protect teeth while your child is asleep.
 - Parents/carers should brush or help their child to brush until they are 7 years old to make sure their teeth are cleaned properly, to supervise the amount of toothpaste used and to prevent licking the toothpaste.
 - Brush your child's teeth thoroughly, cleaning all surfaces of the teeth.
 - Choose a brush with a small head and medium – textured bristles, a manual or electric toothbrush can be used.
- For maximum prevention of tooth decay for children 0-6 years use toothpastes containing 1350-1500 parts per million (ppm) of fluoride, check the tube or packaging.
 - Children under 3 years use a smear of toothpaste containing no less than 1000ppm fluoride.
 - Children between 3 and 6 years old should use a pea sized amount of toothpaste containing more than 1000ppm fluoride.
 - Encourage children to spit out the toothpaste after brushing do not let them rinse out with water as this will wash away the fluoride and reduces how well it works-spit don't rinse.
 - For children who may have difficulties brushing their teeth such as those with additional needs, toothbrush adaptations are available.



Healthy eating advice

- Each time we eat sugary food and drink, the bacteria in the dental plaque produce acid that attacks the teeth. If we eat or drink sugary foods frequently throughout the day we have more 'acid attacks', which can lead to tooth decay.

For all children

- Reduce the amount and frequency of having foods and drinks that contain sugar, only give sweet foods and drinks including dried fruit at mealtimes.
- Squashes sweetened with sugar, fizzy drinks, soft drinks, juice drinks have no place in a child's daily diet.
- Limit the amount of fruit juice and/or smoothies your child drinks to a maximum of 150mls (one portion) in total per day and drink it with meals to reduce the risk of tooth decay.
- Always ask for sugar free medicines.

Visiting the dentist

Take your child to the dentist as often as your dentist recommends.

Ask your dentist about fluoride varnish- all children over 3 years should have this applied to their teeth.

NHS dental treatment is free for children under 18 or under 19 and in full time qualifying education.

To find an NHS dentist phone 111 or visit www.nhs.uk



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