

Healthy Teeth...



Happy Child!



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Dear Parent/ Carer...

We have created this information pack to help you to look after your child's teeth.

You will find lots of fun ideas, good advice and useful links in this pack.

This will help you to make the right choices for healthy teeth and a happy child!



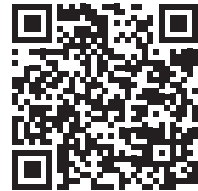
Your child's health and wellbeing

Did you know?

Your child's general health and wellbeing is linked with the health of their teeth and mouth.

Many children are experiencing pain, illness and missing school days due to poor dental health.

For more information follow this link to watch a video from NHS Health Education England: <https://www.youtube.com/watch?v=YSZGc9GNKhs>



Poor dental health is preventable by following 5 easy steps:

1. Brushing their teeth at night before they go to bed & at least one other time in the day.
2. Use a family fluoride toothpaste containing 1350 - 1500ppm of fluoride. A pea sized amount for over 3's and a smear of toothpaste for under 3's.
3. Spit out the toothpaste and do not rinse.
4. Regular dental visits from when the first tooth appears.
5. Limit the amount of sugary foods and drinks and keep them to mealtimes only.



Brush time is fun time!

From the moment the first baby tooth starts to come through, it is important to begin tooth brushing twice a day as part of your child's daily routine.

- For babies choose a soft, small headed toothbrush and a smear of toothpaste.
- Use a pea sized amount of toothpaste for children aged 3 years and over.
- Children should be supervised when brushing their teeth until at least age 7.
- Most children have not developed the skills needed to brush their teeth properly until at least age 7.
- Children with additional needs may need ongoing support with their toothbrushing.
- Use a family strength fluoride toothpaste containing 1350 - 1500ppm of fluoride.



There are lots of ways to make tooth brushing fun!

1. Sing or play a song -

<https://www.youtube.com/watch?v=Pd4WnsXwdqw&t=34s>

https://www.youtube.com/watch?v=wCio_xVlgQ0



2. Bath time is a great way of making tooth brushing fun and can be very relaxing too.
3. Make tooth brushing a family event - children learn from watching and like to copy what you do.
4. Find a toothbrush that plays a tune or has flashing lights.
5. As your child gets older, use a sticker chart or a toothbrush chart to encourage daily routines: http://www.child-smile.org.uk/uploads/documents/4352-MyToothbrushingDiary3_6.pdf
6. Download a tooth brushing app onto your phone or ipad - available on iOS or android:

- Brush teeth with the wiggles
- Brush DJ
- Brush up
- Toothsavers



Healthy food for happy teeth!

We all know that eating too much sugar is bad for our teeth, but why?

Did you know?

We have as many bacteria in our mouth as there are people in the world?

Whenever we eat food or drinks that contain sugar, the bacteria that live inside our mouths and on our teeth feed off the sugar.

The bacteria then release an acid which can cause dental decay and disease.

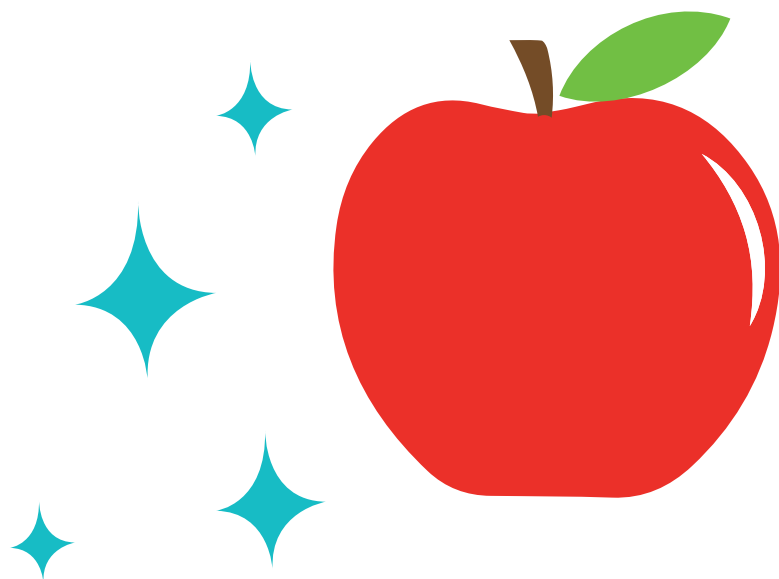
To keep your child's teeth healthy and happy, help them to choose healthy snacks and healthy drinks between meals.

Keep sugary foods & drinks to mealtimes only to help prevent tooth decay.

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What drinks & snacks are good for my child's teeth?

- Tap water
- Plain milk
- Fresh fruit
- Fresh vegetables

Visit this website to download the sugar smart app onto your phone, ipad or device:

<https://www.nhs.uk/healthier-families/food-facts/sugar/>



Take a look at the NHS eatwell guide for more information:

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>



A trip to the dentist!

It is important for children to have a dental check up as soon as the first tooth appears or by the time they are 12 months old.

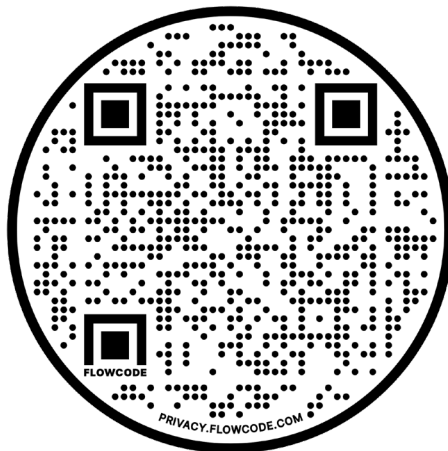
Children should be seen regularly by the dentist.

All children get free NHS dental treatment in the UK.

There are many local NHS dentists in your area.

Before visiting the dentist you can...

- Scan the link in the QR code below to read your child a story about visiting the dentist.
- Lets pretend - play at being the dentist and the patient, all children love to dress up!
- Practice opening the mouth in front of a mirror and counting teeth.
- Use their favourite teddy or doll to play at going to the dentist.
- Activities such as dental colouring pictures or making teeth out of play-doh can make learning about teeth fun!



How can I find a local dentist for my child?

You can...



Call NHS 111



Visit www.nhs.uk



Ask friends, family or other parents for recommendations



Some children with additional needs may be seen by the Community Dental Service.

You can ask your teacher, school nurse, local dentist or health visitor for more information.

