

### What do I need to do to keep my children's teeth healthy?

- Brush your child's teeth twice a day using a fluoride toothpaste
- Do not rinse after brushing
- Avoid sugary snacks
- Drink only water or milk between meals
- Only drink water at night
- Attend the dentist at least once a year for a check-up

### How can I look after my baby's teeth?

- Breastfeeding provides the best nutrition for babies
- From 6 months infants should be introduced to a cup and from age one feeding from a bottle should be discouraged
- Free flowing cups are best



- Sugar should not be added to weaning foods
- Use sugar free medicines wherever possible
- Start brushing your child's teeth as soon as they start to come through

### What is the best way to brush my children's teeth?

- Brush teeth last thing at night and on one other occasion
- Use a fluoride toothpaste containing the recommended concentration of fluoride for your child's age, see table.
- Brush the teeth systematically using small circles or just by moving the tooth brush back and forth, brush the top and all the sides of each tooth taking care where the tooth meets the gum tissue. Ask your dentist to show you how to brush correctly if you are not sure.
- It is important to minimise swallowing of toothpaste so encourage your child to spit out. They must not eat or lick toothpaste from the tube.
- Spit don't rinse  
Do not rinse out after brushing (water or mouthwash will wash away the goodness in the toothpaste)
- Use a small-headed toothbrush with soft, round ended filaments of differing lengths
- Children need to be helped or supervised by an adult when brushing until they are at least 7 years old

Age	Amount	Concentration of fluoride	Example of toothpaste
Up to 3 years	Only a thin smear	No less than 1000ppm	Asda Kids Milk Teeth Colgate smiles 6+
3-6 years Once they are spitting out the paste	No more than a Pea-sized amount	Between 1350-1500ppm	Asda total care Colgate total
Age 7 and older	Pea-sized amount	1350ppm or above	Asda Total care Colgate Total



A smear of paste

A pea-sized amount of paste

## What foods should my child avoid?

- Sugary foods can cause tooth decay and should only be consumed at meal times (including honey)
- Fizzy drinks and Squash should be avoided all together
- Even diet soft drinks are very acidic and can seriously damage your child's teeth
- Natural Fruit Juice should be watered down and limited to once per day
  
- Encourage your child to eat lots of fruit and vegetables
- Eat more oily fish
- Eat less salt
- Drink lots of water
- Chewing sugar-free chewing gum such as Wrigley's orbit can protect your child's teeth from tooth decay

## What snacks can my child have that won't damage their teeth?

Fruit and Salad:

Apples  
Bananas  
Carrot sticks



Pitta Bread and hummus  
Rice cakes  
Nuts and Seeds  
Crackers and Cheese  
Potato Crisps

## My Child wears a brace is there anything else we need to do?

To keep a fixed brace clean teeth must be brushed in the normal way but taking extra time and care to remove any deposits collected around it

Interdental cleaning brushes can be used to clean underneath the wires



A removable brace should be taken out after every meal and cleaned with a tooth brush

Your child should rinse for 30seconds with a fluoride mouth-rinse containing 0.05% Fluoride after lunch or when they get home from school (for example Colgate FluoriGard AF)



## Further Information

Healthy eating:



[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Images taken from [www.pachd.com](http://www.pachd.com)

## Looking After My Child's Teeth



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