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Brush Twice a day

Brushing should start as soon as the first baby tooth comes through.

Brushing should occur twice daily as a minimum – clean teeth last thing at night before bed and at least one other time each day.

Children under three years should use a toothpaste containing no less than 1,000 ppm fluoride.

Children under three years should use no more than a smear of toothpaste (a thin film of paste covering less than three-quarters of the brush) and must not be permitted to eat or lick toothpaste from the tube.



Be Wise and eat healthily!

Try to eat at least 5 fruit and veg a day!



We're healthy snacks!

Try to avoid these between meals:

Fizzy drinks

Cordials

Sweets and chocolates

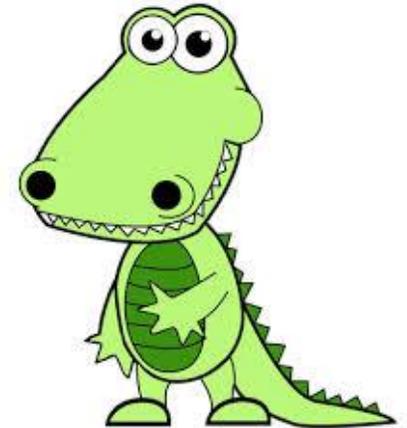
Biscuits

Jam and honey

Energy drinks

Chewing gum that contains sugar

Prevention Advice for children



How To Keep Your Crocodile Smile



Advice mum and dad should read

The most important thing is to get off to a good start so as soon as the first tooth comes through start brushing with just a smear of tooth paste for children under 3 years. Between 3 and 6 years use a pea sized blob.

A good diet with plenty of fruit and veg is important as well as trying to cut out sugar containing snacks and drinks between meals.

Regular checkups a good idea, also consider fissure sealants at the dentist when the first permanent molars come through (around 6 years)

Supervise brushing until you are sure your child is old enough to do their own, always

make sure they spit out the tooth paste afterwards but best not to rinse.

For older children in their teens sugar free gum may be a healthy alternative to sugar containing gum or other sweets.

Best brushing technique- Hold the brush at 45° line and move the brush in little circular motions several times on the surfaces of all teeth. Use this method for inner surfaces as well as outer. Brush the chewing surfaces and then to do the inner surfaces of front teeth angle the brush vertically and make several circular strokes with the front part of the brush – the dentist can show you. Note – Brushing should take at least 2 minutes to do them thoroughly!

Q&A

Do medicines contain sugar?

Many do but there are sugar free alternatives – ask your Doctor.

It says 'no added sugar' so it must be OK?

Many products that say this actually contain high levels of natural sugar which is just as bad.

What drink is best between meals?

The only truly safe drink for between meals is water.

The water contains fluoride doesn't it?

No, not in Hampshire.

Should I help my child brush their teeth?

Most children do need help to begin with and supervise once they are able to do their own.

When should I start bringing my children to the dentist?

Usually at about 3 years or before if you have any concerns.