

Top Tips for Teeth

Toothbrushing

- Brush teeth and gums twice a day with a **family fluoride toothpaste**. Teeth should be brushed last thing at night before bed and at least one other time during the day.
- Children aged under 3 years should use a SMEAR of family fluoride toothpaste, whilst children over 3 years should use a PEA SIZED amount of family fluoride toothpaste.
- Family toothpaste should contain no less than 1450ppmf – parts per million fluoride.
- Toothbrushing should be supervised until at least 7 years of age.
- Encourage children to spit out excess toothpaste; DO NOT rinse their mouth with water after brushing.

Diet & Snacking

- Sugary foods and drinks should be kept to mealtimes only.
- Encourage ‘safe snacks’ between meals, such as, fresh fruit, fresh vegetables, starchy products such as toast, crumpets with a low fat spread, breadsticks, plain rice cakes or a small piece of cheese.
- Choose only ‘safe drinks’ such as plain milk or plain unflavoured water.
- Keep dried fruits such as raisins and sultanas to mealtimes.
- Fresh fruit juices should be given at mealtimes.
- Always choose sugar free medicines.

Dentist

- Visit a dentist on a regular basis (at least once a year) – remember Dental treatment is free for children under 18.
- If you are having difficulty finding an NHS dentist you can call NHS England on 0300 311 2233 or visit the NHS website at www.nhs.uk

Dummies & Bottles

- Discourage the use of a dummy by the time babies are 12 months old.
- Avoid dipping dummies in anything sweet.
- **NEVER** give sugary drinks in a baby bottle.
- Introduce a free flowing feeder cup to young children as soon as they can hold one – remember; this should contain only plain milk and water.

**For further information, contact Helen Howard
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