

Keep Suffolk

Smiling



Keep your toddler smiling with our simple guide to looking after their teeth

Brushing

Looking after 'baby' teeth is just as important as looking after adult teeth. They help your child to cut up and chew food when eating, to talk and make different sounds, as well as giving their face its shape and a nice smile.



Use a small headed, soft or medium bristle toothbrush. Brush your child's teeth thoroughly, covering all surfaces including the inside, outside and chewing surfaces of the teeth and along the gum line.



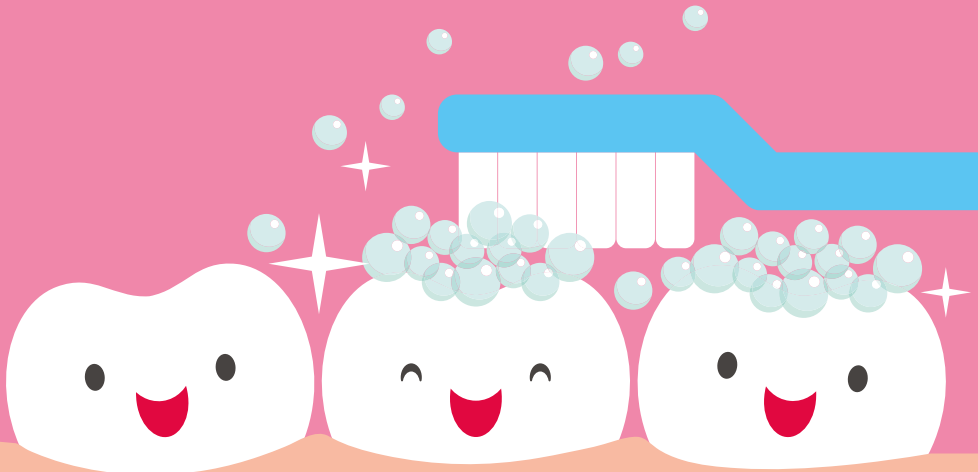
Brush twice a day for at least two minutes. Once last thing before bedtime and at one other time during the day.



As soon as they are able (from about 3yrs) encourage children to spit out after brushing – avoid rinsing with water as it washes the fluoride away.



Under 7s should be helped by an adult to make sure they reach every surface of every tooth.



Toothpaste



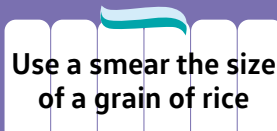
Always supervise toothpaste use. Make sure children don't lick or eat toothpaste from the tube!

The recommended fluoride levels in toothpaste are below:

0-3 years

(Children's toothpaste)

1000 - 1350
parts per million (ppm)



Use a smear the size
of a grain of rice

3+ years

(Family toothpaste)

1350 - 1450
parts per million (ppm)



Use a pea size
amount

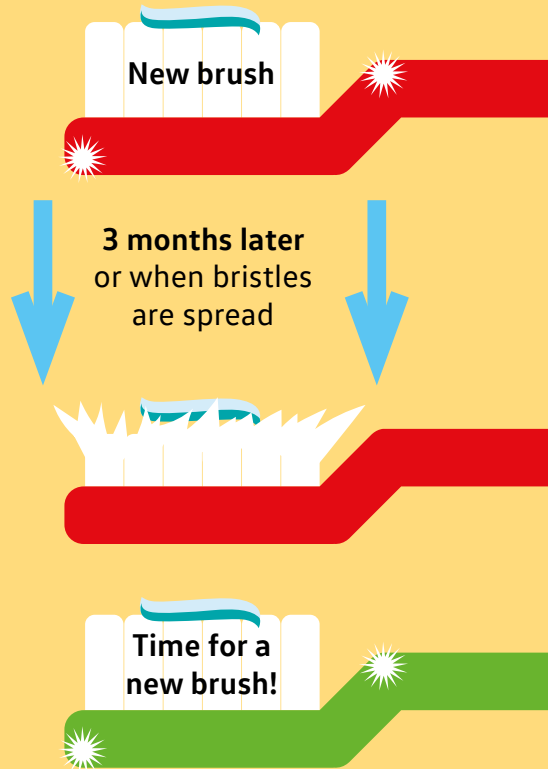
Check the toothpaste packet for this information or ask your dentist.

Toothbrush and Toothpaste Tips

Replace your child's toothbrush **every 3 months** or when the bristles become spread apart.

Regular small headed toothbrushes are suitable for most children, but for children with more sensitive mouths different brush types are available. These include curved and three-headed toothbrushes which are specially designed to brush all surfaces of the teeth and gum line at the same time.

Ask your dentist for advice on different toothbrush types and non-foaming toothpastes.



Most family toothpastes are mint flavoured, so try to start children on a mild toothpaste as soon as tolerated. You could mix a children's paste with an adult one to help acclimatise them to the minty flavour.

For children who dislike strong tastes and foam, mild or non-flavoured and non-foaming toothpastes are available.

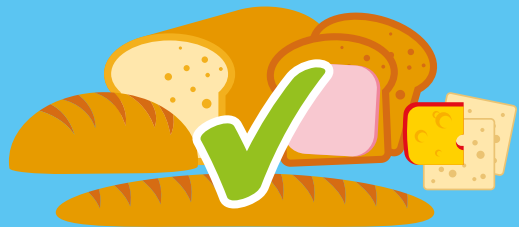
Food and Drink



Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary foods and drinks frequently, keep them to mealtimes.

Below are some examples of tooth friendly snacks and drinks between meals:

- Fresh fruit
- Fresh vegetables
- Toast (with a savoury topping)
- Breads and breadsticks
- Crackers and cheese
- Milk (plain)
- Water (plain)



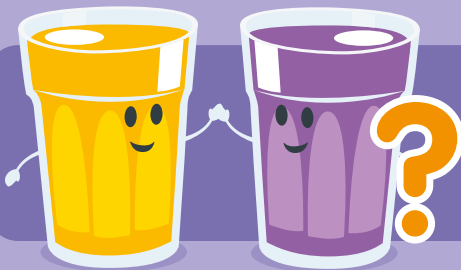
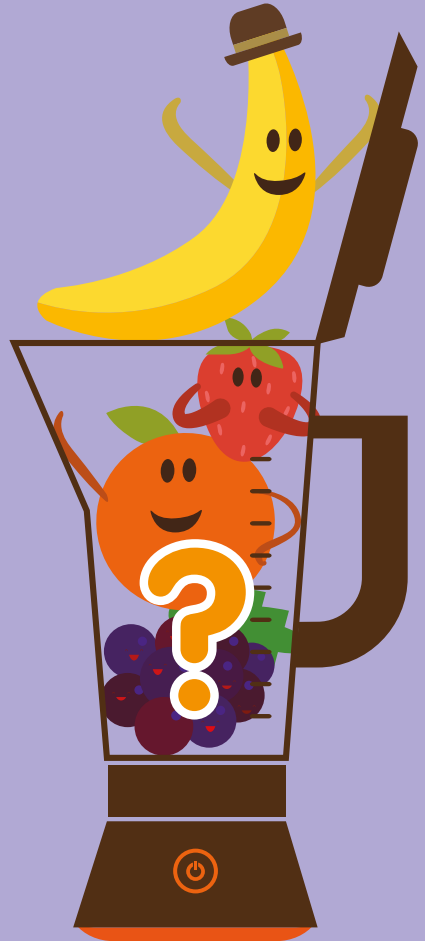
Milk or water are good choices of drinks between meals for children's teeth. Give drinks in an open top or sippy cup from the age of 6 months and discourage the use of bottles and dummies from the age of 1.

Food and Drink

You can offer your child fruit juice at mealtimes, but make sure that it's diluted 1 part juice to 10 parts water. This makes it less acidic and less likely to cause tooth erosion. Limit the amount of juice and smoothies to 150ml per day.

The following, although generally considered healthy, are not tooth friendly, so should be kept to mealtimes only and drunk through a straw:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit



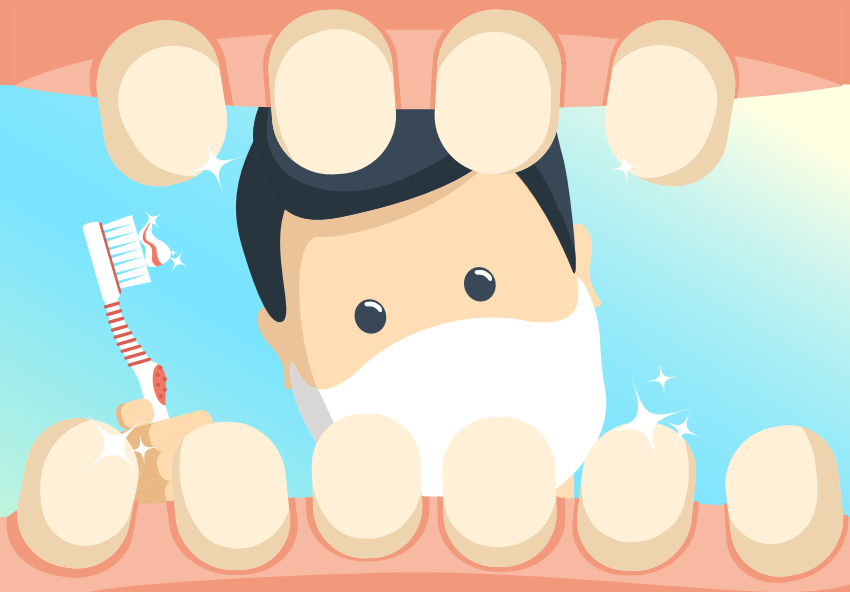
For 1 hour before bedtime, try to avoid sugary foods and drinks all together

If your child requires medicine, ask for sugar free versions where possible.

Remember, the more often children eat and drink sugary and acidic things the more damage is caused to their teeth.

Visiting the Dentist

When it comes to children's teeth, regular brushing and visits to the dentist are important. It's a good idea to start taking children to the dentist early, by their first birthday, or when their first tooth erupts, so that it becomes a normal routine.



Regular dental check-ups and early treatment are important. Tooth decay may not cause symptoms to start with, but can lead to toothache, sharp pain when eating or drinking, swollen, bleeding gums and white, brown or black spots on the teeth if left untreated.

Your dentist can also give you advice on whether your child would benefit from extra protection such as fluoride varnish.

To find an NHS Dentist scan the QR code or visit www.nhs.uk/service-search/find-a-dentist



Videos and Apps To Make Toothbrushing More Fun

Encouraging your toddler to have their teeth brushed for 2 minutes twice a day can be tricky! Visit the websites below for videos and apps to help you look after your toddler's teeth and make toothbrushing fun.

British Society of Paediatric Dentistry (BSPD) Smiles for Life



BSPD has lined up a great team to help make toothbrushing fun for families. Meet Dr Ranj, Hey Duggee, CBeebies and Brush DJ. www.bspd.co.uk/Kidsvids



Brush DJ

Award winning, free toothbrushing timer app. Encourage your toddler to brush their teeth for 2 minutes whilst listening to their favourite songs. www.brushdj.com



NHS Food Scanner App & Sugar Calculator

Use the calculator to work out how much sugar your child may be having each day and use the free food scanner app to find healthier choices for your family's favourite foods. www.nhs.uk/healthier-families/food-facts





The Healthy Living Service

The Healthy Living Service offers support to children, young people, and their families to help remove the barriers to achieving a healthy weight and exploring ways to overcome those challenges.

The Suffolk service supports families with children aged 0 – 19 (25 for SEND) who are overweight.

We can help ease some of the worries around healthy eating and healthy lifestyles to support you to be able to raise a happy and healthy child.

The Healthy Living Service includes one-to-one support with the whole family. We also work closely with other organisations to help find the right support for you in your community.

To find out more scan the QR code or visit
www.suffolk.gov.uk/healthy-living-service



Keep Suffolk

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Available in other languages

Visit:

www.healthysuffolk.org.uk/healthy-you/children-and-young-people-1/childrens-dental-health

Or scan the QR code





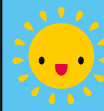

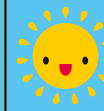
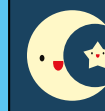




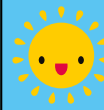

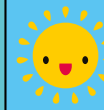
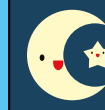




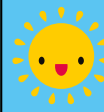

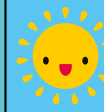
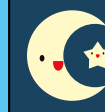




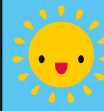

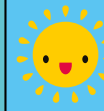





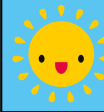

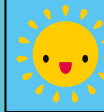
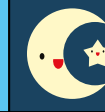




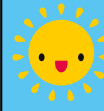

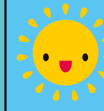





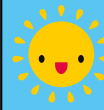

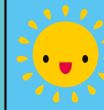



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Teeth brushing chart

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Monday	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Tuesday	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Wednesday	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Thursday	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Friday	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
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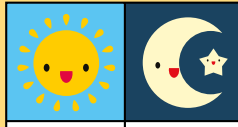
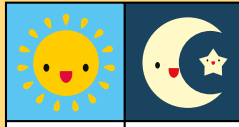
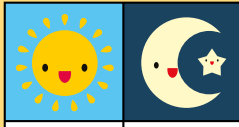
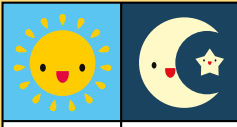
Week 5

Week 6

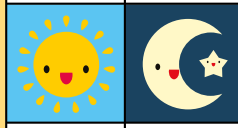
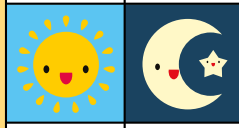
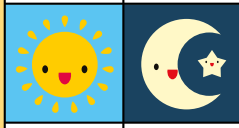
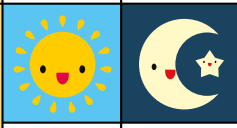
Week 7

Week 8

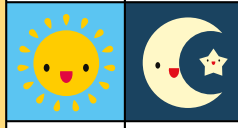
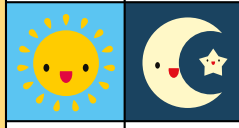
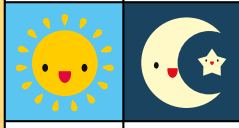
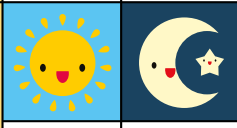
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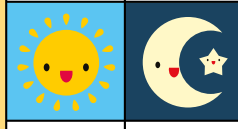
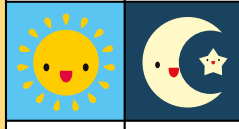
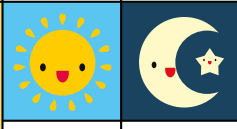
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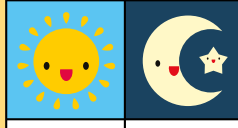
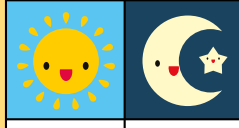
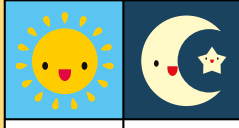
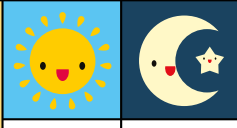
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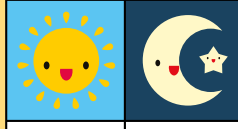
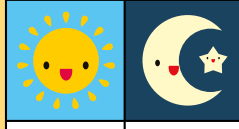
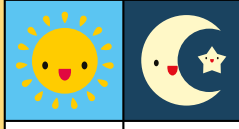
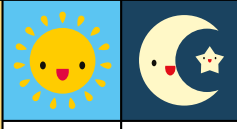
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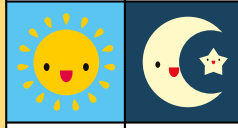
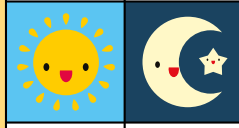
Thursday



Friday



Saturday



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