

Keep Suffolk

Smiling



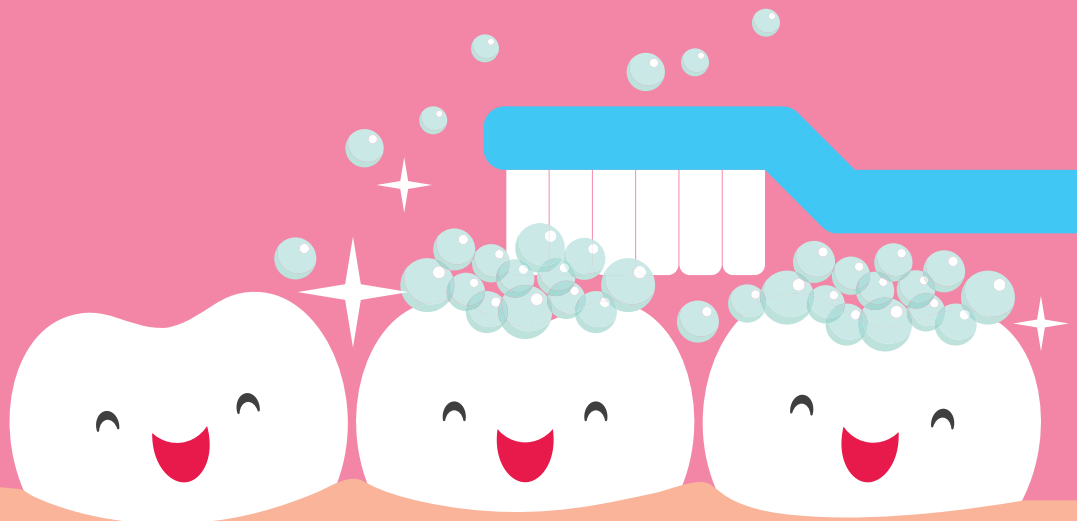
Put a smile on your face with our simple guide to brushing your teeth

Brushing

Brush your child's teeth thoroughly, covering all surfaces of the teeth. Brush the inside, outside and chewing surfaces of your baby's teeth.



- 1** Brush twice a day for at least two minutes. Once before bedtime and one other time during the day
- 2** Encourage children to spit out excess toothpaste – avoid rinsing with water as it washes the fluoride away
- 3** Under 8s should be helped by an adult as they do not have the ability to reach every surface of every tooth
- 4** Babies' teeth should be brushed as soon as they begin to appear in the mouth with a soft, small headed toothbrush



Visiting the dentist



When it comes to children's teeth, regular brushing and visits to the dentist are important.

Parents should take their children to the dentist regularly. Their first check-up should have taken place by their second birthday.

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

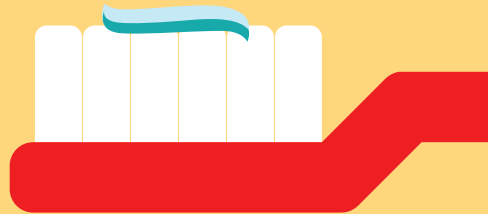
Toothpaste



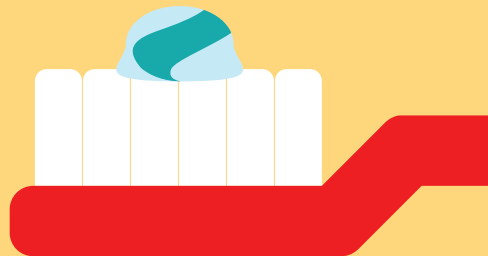
Always supervise toothpaste use and help your children to brush their teeth until at least seven years old. Also make sure they don't eat toothpaste from the tube!

The recommended fluoride levels in toothpaste are below:

0-3 years (Children's toothpaste)
1000 - 1350 parts per million (ppm).
Use a smear.



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.

Food and Drink

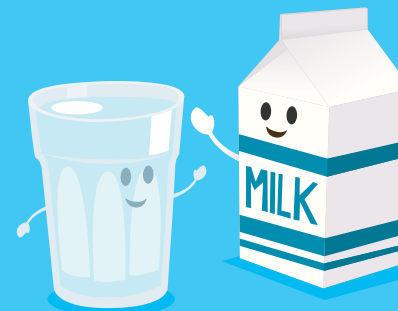
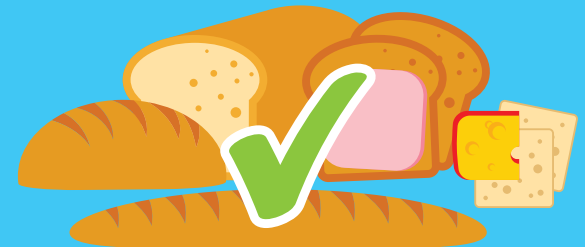


Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary foods and drinks frequently, keep them to mealtimes.

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)



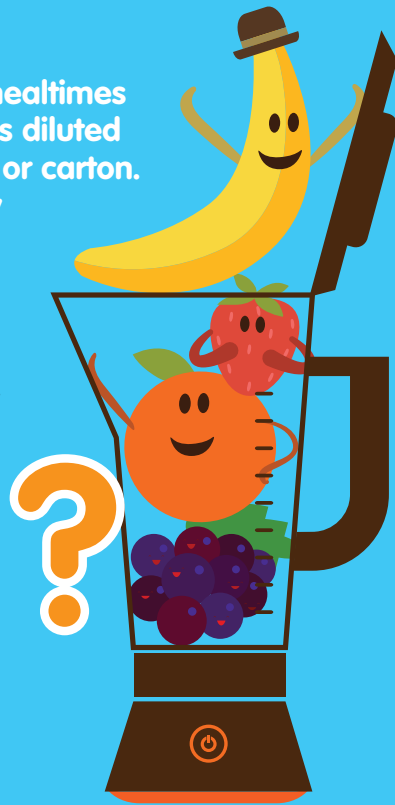
Milk or water are good choices of drinks between meals for tiny teeth.

Food and Drink

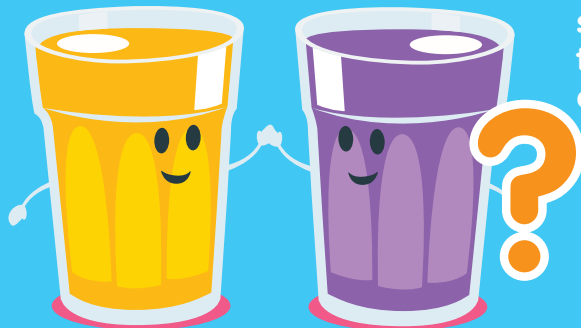
You can offer your child fruit juice at mealtimes after six months but make sure that it's diluted according to instructions on the bottle or carton. This makes it less acidic and less likely to cause tooth erosion.

The following, although generally considered healthy, are not tooth friendly, so should be kept to mealtimes only:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit
- 'No added sugar' drinks



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



Bottles, cups and dummies

Use an open top cup from the age of six months. Introduce it at mealtimes, starting with a small amount of water.



If your baby uses a dummy, never dip the dummy into anything containing sugar, particularly at bedtime.



Aim to stop using bottles completely by your child's first birthday. If using dummies, the same applies.



Once your baby is one, you should stop giving a bottle with a teat. Teats can damage teeth (especially if used to give sweetened drinks).

It's best not to put anything in a bottle other than expressed breast milk, formula milk or water. As soon as your children are ready, encourage them to use an open cup.



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www.healthysuffolk.org.uk



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Se precisar de ajuda para ler estas informações em outra língua, por favor telefone para o número abaixo.

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