

Remember

-Take your child to a dentist as soon as they get their first teeth and certainly before their first birthday.

-Once your baby is old enough to drink anything other than milk, the best drink is water.

-Their teeth should be brushed just before they go to bed so the last thing in the mouth is fluoride toothpaste.

-Assist with brushing until they are around 7 years old.

-Cut down how much and how often your child has sugary foods and drinks.

-Encourage your child to brush their teeth at least twice a day with a fluoride toothpaste.

-Don't rinse! Spit out the toothpaste.

-Your child should see a dentist regularly. Until their 18th birthday, the time between appointments should never be more than 12 months.

-If you need any further support with tooth brushing or oral health then you can seek advice from your local health visiting team. You can also visit our school website for more information.

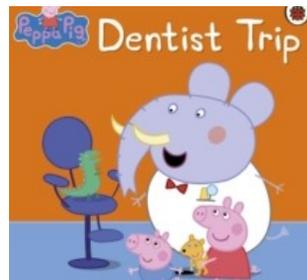
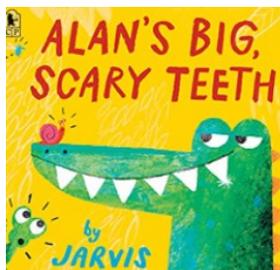
<https://strongclosenscc.co.uk/oral-health/>

-If you need help finding a dentist then please use the following link: <https://www.nhs.uk/service-search/find-a-dentist>



Need more advice?

If you need more help, or if you have concerns about your child's oral health please talk to your child's health visitor, dentist or your child's early years setting.



Relevant story books for use at home

Why don't you follow us on Facebook



Strong Close Nursey School

Airedale Road

Keighley

BD21 4LW

01535 605272

office@strongclose.co.uk

www.strongclosenscc.co.uk



Strong Close Nursery School

Supporting your Child with Tooth Brushing and Oral Health



During the Early Years Foundation Stage, a child's first experiences with oral health can impact on the rest of their life. That is why it is so important to teach them about their mouth and introduce them to good habits as soon as possible.

As soon as your child develops their first tooth they should be brushing their teeth and having regular visits to the dentist.

This leaflet is designed to raise awareness about good oral health and help you support your child with tooth brushing.

Did you know?

Bradford has the highest rates of childhood tooth decay in Yorkshire, with 40% of children aged 5 having evidence of tooth decay. If tooth decay is left untreated it can cause pain and suffering, as well as affecting what children eat, their speech, quality of life, self-esteem, and social confidence.

Tooth decay- is caused when harmful bacteria builds up on teeth and weakens the surface, creating holes in the teeth called cavities. Without treatment these holes can grow larger over time and may even destroy the whole tooth. Major causes of tooth decay are sugary foods and drinks.

Milk teeth- have an important role to play as they hold space for the second teeth to descend into. As the enamel is thin, milk teeth are more likely to be affected by decay and so need extra taking care of.



How and when to start brushing- As soon as your child's teeth start to come through, introduce them to the idea of brushing. Use a small soft toothbrush to clean the teeth. Brush regularly as part of your child's morning and night-time routine, using a flat smear of fluoride toothpaste (with at least 1000ppm fluoride) until they are 3 years of age. For children aged three years and above, use a pea-sized amount of toothpaste containing at least 1000 - 1500 ppm (parts per million) fluoride.

As your child gets older you can encourage them to do their own brushing but you should continue to supervise until they are 7 years of age.

Try these different positions to help your child brush their teeth.



Don't forget to-

Brush your child's teeth for two minutes twice a day with a fluoride toothpaste.

-'Spit, don't rinse' after brushing – this gives the toothpaste time to work to protect teeth.

-Remember to encourage your child. Praise will often get results.

Top tips to reduce the risk of tooth decay-

-Try and keep drinks and food to mealtimes and avoid giving your child any food or drink with the exception of water in the hour before bed.

-Aim to limit food and drink that contains sugar including those which are said to be healthy, such as dried fruit, which is sticky and clings to teeth and can be damaging to teeth if frequently consumed between meals.



Suggestions for healthy snacks

Fresh fruit - grapes, melon, banana, strawberries, tangerine, pear, peach, plum, apple.

Fresh vegetables - tomatoes, celery, carrot and cucumber sticks, sliced peppers, sugar snap peas.

Sandwiches - try various fillings: cold meat, tuna, grated cheese, egg, salad items, tomato or banana.

Some other choices - bread sticks, porridge, crackers, rice cakes, avocado, hummus, pita bread, no added sugar muesli.



Visit the Better Health healthier families website for more healthy food swap ideas: <https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/>

[healthier-families/food-facts/healthier-food-swaps/](https://www.nhs.uk/healthier-families/food-facts/healthier-food-swaps/)

Fluoride varnish- can be applied to both baby teeth and adult teeth.

It involves painting a varnish that contains high levels of fluoride onto the surface of the tooth every 6 months to prevent decay. Some children may need this more often. It works by strengthening tooth enamel, making it more resistant to decay.

The programme is available for children between the age of two and four years and is delivered in various places across the district including children's centers, nurseries, early years and schools.

