

Dental, Maxillofacial and Cleft Department

Guide to Looking after your child's teeth Information for parents and carers.

General Information about tooth brushing

- ✓ Teeth should be **brushed twice a day**: Once first thing in the morning and again in the evening before bed.
- ✓ After brushing teeth, **spit don't rinse**.
- ✓ Teeth at the back of the mouth should be brushed in a sideways motion and front teeth should be cleaned with **small circular brush strokes**. Make sure the gums are brushed too.
- ✓ Your child's toothbrush should be changed every three months.

Age related information about tooth brushing

- **Babies aged 0-2 years old**

Use a **smear** of fluoride toothpaste (**minimum 1000ppm***. You can also use adult toothpaste 1450ppm*).

Parents or carers should brush their child's teeth.

- **Children aged 3 – 5 years old**

Use a **pea size** amount of fluoride toothpaste, **minimum of 1450ppm*** (adult toothpaste).

Parents or carers should **supervise** their child's tooth brushing.

Children aged 6 - 9 years old

Adults should continue to **supervise tooth brushing** until their child is seven years old.

Consider the use of brushing charts or **brushing 'apps'** on mobile phone/tablet to aid and encourage tooth brushing.

Consider using a **mouthwash** at different times to brushing teeth.

Children aged 10 and over

Consider use of **disclosing tablets** to show plaque on teeth.

Use a **pea size** amount of fluoride toothpaste, **minimum of 1450ppm*** (adult toothpaste).



A smear of toothpaste on a toothbrush.



A pea sized amount of toothpaste on a toothbrush

Dietary information for your child: From birth

- **Do** replace your baby's bottle with a free flow feed cup by the time your baby is six months of age.
- **Do** ensure grandparents/carers/family members are also well informed and involved in healthy eating.
- **Do not** use fruit juices, sweetened milk, sweetened drink, or soy formula milk in feeding bottles.
- **Do not** give your baby anything to eat or drink after brushing their teeth at night.

Dietary information for your child: Age 1 year old and over

- **Do** restrict **sugar to no more than four times per day** (meal times).
- **Do** give your child **water or milk** to drink between meals (this includes semi-skimmed milk).
- **Do** give your child **sugar-free snacks** only.
- **Do** be aware of hidden sugars in food.
- **Do** be aware of acid content of drinks.
- **Do** read the label on foods/drinks. No added sugar does not mean 'sugar free'.
- **Do not** give your child anything to eat or drink after brushing their teeth at night before they go to sleep.



IS YOUR CHILD'S SWEET TOOTH HARMING THEIR HEALTH?

SUGARY DRINKS CAN CAUSE TOOTH DECAY, OBESITY AND EVEN TYPE 2 DIABETES, HEART DISEASE AND SOME CANCERS IN THE FUTURE















Set your child up for a healthier life by making the swap to water, low-fat milk and sugar-free drinks



The white blocks represent sugar cubes and show how much sugar each drink contains.

The Eatwell Plate



Tooth Friendly Snacks	Cavity Causing Snacks
 Cheese (neutralises the acid in the mouth)	 Cola/fizzy drinks/sports drinks
 Plain rice cakes or plain popcorn	 Dried fruits
 Breadsticks	 Cordials/sweetened fruit juices
 Bananas	 Biscuits and cake
 Raw vegetables	 Fruit yogurt
 Plain or buttered toast	 Ice cream
 Hummus and pitta bread	 Smoothies

Dental visits

- Age 0+** Take your child for a dental visit as soon as their first tooth comes through their gums so they will get used to the new setting.
- Age 3+** Your child can expect to have fluoride varnish application on their teeth at every dental visit.
- Age 10+** Your dentist may consider an orthodontic referral for further treatment. Your dentist may prescribe higher fluoride toothpaste if your child has a high risk of decay.
- All Ages** Visit the dentist at least every six months

General Information: when to expect teeth to come through (erupt) through a child's gum.

- **New/erupting baby teeth**

At age 0-1 year old: Front teeth should appear.

At age 1-2 years old: Side teeth should appear.

At age 2-3 years old: Back teeth should appear.

- **New/erupting adult teeth**

At age 5-6 years old: New adult molar (back teeth) will erupt.

At age 6-9 years old: Front teeth will be replaced by new adult teeth.

At age 9-12 years old; Wobbly canine teeth will be replaced by adult teeth.

At age 10-13 years old: Wobbly side teeth will be replaced by premolar teeth and new second molar teeth.

Who to contact for further details:

Dental Team (Ext: **2258**) Monday to Friday 9am-5pm. Out of hours contact switchboard for advice.

References

SDCEP Caries Prevention Toolkit, 2010

Department of Health: Delivering Better Oral Health: An Evidence-Based Toolkit for Prevention, 2017

<http://www.nhs.uk/Livewell/Goodfood/Pages/sugars.aspx>

<https://www.bda.org/sugar>

<http://www.denplan.co.uk/my-teeth/childrens-teeth/activities-for-kids>

*Parts per million

This fact sheet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment. This information can be made available in other languages and formats if requested.

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