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).
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.

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

### Tooth Friendly Snacks

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

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**Alder Hey Children’s**

**NHS Foundation Trust**
Dental visits

Age 0+  Take you child for a dental visit as soon as their first tooth come 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.

Alder Hey Children’s NHS Foundation Trust
Eaton Road,
Liverpool. L12 2AP
0151 228 4811
www.alderhey.nhs.uk

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