



LOOKING AFTER YOUR TEETH



Our mouths are 98.6 degrees temperature. They are wet and warm and contain lots of bacteria which can lead to plaque deposits, calcification, gum disease and holes in teeth!

Your teeth look great and do a very important job. Look after your them!

Children up to 3yrs

We should start to brush as soon as teeth appear (usually at around 6 months).

Parents or carers should build a simple routine twice a day using fluoride toothpaste– you only need a smear!

Children aged 3 years+

Brush at least twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and at least on 1 other occasion.

Brushing should be supervised by a parent or carer until routines are well established. Use only a pea-sized amount of toothpaste.

Spit out after brushing BUT don't rinse – if you rinse, the fluoride won't work as well.

Make sure children don't eat or lick toothpaste from the tube. They will pass the breath test but not the cleanliness one!

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer for about 2 minutes. Over brushing can damage your teeth and gums– 2 minutes is just right!
- To avoid choking please stand still when brushing.

Avoid

- Fizzy drinks, cordials and fruit juices in between meals.
- Opening packaging or bottles with your teeth.

Christmas gift ideas

New tooth brush

2 minute timer



Your teeth will last you a life time if you look after them!

Change your toothbrush every 3 months

Our Family Support Worker



Mrs Joy Smith.



is here to help !

01287 650689

DENTIST

Lots of people are frightened of going to the dentist. It is important to attend every 6 months and make it as fun as you can for your child.

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. They can become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practise for the future.

Take your child for regular dental check-ups as advised by the dentist.

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>