

Pippins Tips for Good Oral Health



Promoting oral health to your young child is essential to protecting young teeth and establishing good lifetime habits . There are three main themes in good dental health:

- Keep sugary and acidic food and drinks to mealtimes
- Brush teeth at least twice a day with a fluoride toothpaste
- Visit the dentist regularly

How to brush teeth well?

It is important that for preschool age children brushing should be supervised by a parent or carer.

What to do:

- Brush in a small circle movement on top, behind and in front of teeth.
- Brush last thing at night before bed and on 1 other occasion. Children don't need to use special children's toothpaste, as long as it contains 1,350 to 1,500ppm fluoride.
- Don't forget to brush the gums too.
- This should take about 2 minutes.
- After brushing, spit out any excess toothpaste. Don't get the child to rinse their mouth immediately after brushing, as it'll wash away the concentrated fluoride in the remaining toothpaste.



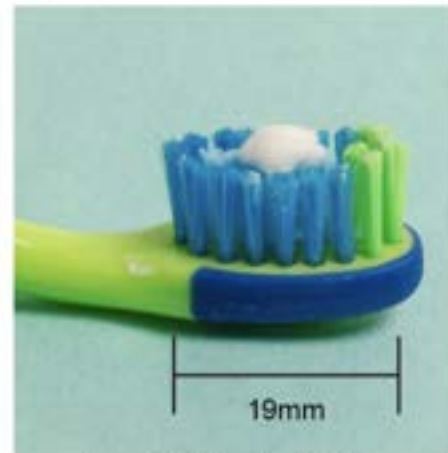
**Spit out, don't
rinse the
fluoride
toothpaste
away!**



**Brush teeth twice a
day with fluoride
toothpaste - last
thing at night and on
one other occasion.**



smear for 0 – 3 year olds



pea-sized blob for 3–6 year olds

Try and make tooth brushing fun. You could use;

- A timer
- An app, such as the NHS Brush DJ
- Sing Songs while you brush

Reducing Sugar & Tooth Friendly Foods

Sugary snacks and sweets cause the mouth to become more acidic. This acid then attacks the enamel (the outer layer) of teeth, which can cause cavities (holes). To protect teeth from decay, avoid giving your child too many sugary snacks and give them water or milk between meals instead of juice or fizzy drinks. If sugar is consumed only at mealtimes, there is a much longer period of time in between the acid attacks, for the saliva to neutralise the acid. This is why snacks should not contain sugar.

Reading food labels can help you identify, and avoid, products high in sugar. You can also use this information to identify foods high in salt and saturated fat, as children also need low



Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



Choose milk and water to drink - they're kinder to teeth.

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intakes of these. Some foods that may seem like a healthy choice contain a surprising amount of sugar, for example the sugar in raisins and other dried fruits can cause tooth decay. It's best to give these to your child with meals rather than as a snack in between. Look at these yogurts for another example of 'hidden sugars'. Try to swap these sugary yoghurts for a natural yoghurt alternative, with pieces of fruit like strawberry or raspberries.

Ever wondered how much added sugar is in your children's yogurt?

Children's
The Yogurt Sugar Test
1 teaspoon = 4g

Product	2nd ingredient Sugar
Peppa Pig	5.6g per 45g
Marmite's Garden	5.3g per 42g
Frubes	4.65g per 47g
No Added Sugar!	4.2g natural sugars per 45g
Petits Filous	4.65g per 47g pot
Walden Foods	5.12g per 40g tube

www.checkyourfood.com CheckYourFood

There's no official guideline limit for the amount of daily sugar intake for children under four years of age (four to six years old is 19g which is 5 teaspoons), but it's recommended that they avoid sugar-sweetened drinks and foods with added sugar.

Change 4 Life Be Food Smart app is a great way to find out how much sugar there is in food.

Teeth need calcium to make them strong, and you can find it in dairy products such as cheese, yoghurt and milk. Your toddler will also need vitamin D to help absorb the calcium, so their diet should contain foods such as eggs, oily fish and fortified breakfast cereals.



Visits to the Dentist

NHS dental care for children is free.

Ideally you should take your child to the dentist when their first milk teeth appear. This is so they 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



Visit the dentist when the first tooth appears and then as often as your dentist recommends.

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look at is useful practise for the future. You can call NHS 111 to find a local NHS Dentist who is accepting new NHS patients or you search online for 'How to find an NHS dentist'.

When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

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

Cups, Bottles and Dummies

If able, all infants should begin to learn to use a non-valved free flow cup from six months of age. They should no longer be using a bottle by the age of one, because teats and spouts encourage children to suck for prolonged periods. Drinks that cause tooth decay should not be in contact with teeth for long periods of time.

Dummies and thumb sucking do not harm a child's teeth but they will encourage an open bite, which is when teeth move to make space for the dummy or thumb. They may also affect speech development. That's why parents should avoid giving dummies to their child after 12 months of age.



if you have any questions about any of this please let us know.