

#dentalcare  
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# DENTAL FACTSHEET

This factsheet will provide you with helpful tips and links to websites to help you maintain good oral health for your child.

## TOP TIPS ABOUT DENTAL CARE:

Healthy teeth allow children to feel good about themselves and builds up lifelong healthy habits. Almost 30% of five year olds are suffering from tooth decay. Tooth decay is one of the highest reasons for hospital admission in children, requiring them to have a general anaesthetic to have the teeth removed. Tooth decay is almost entirely preventable.

**Tip 1:** Parents should supervise children's tooth brushing until they are seven years old. Disclosing tablets can be used to show areas of your child's mouth which may need better brushing

**Tip 2:** Use a song or timer to make sure your child brushes their teeth for the correct amount of time-about two minutes.

**Tip 3:** Teeth to be brushed last thing at night and in the morning, a little toothpaste goes a long way a child of five needs a pea-size amount.

**Tip 4:** Use children's toothbrushes with small head and soft bristles, let them choose the colour of the toothbrush they want, this can help them get excited about brushing.

**Tip 5:** Your child should brush in gentle circles, front, back, inside and outside of teeth

**Tip 6:** After brushing do not get your child to rinse out with water as it rinses away the healthy properties of the toothpaste.

**Tip 7:** Change toothbrushes every two or three months or sooner if it becomes worn as it will not clean their properly.

**Tip 8:** It's important to take your child to the dentist, so they get used to the sights, sounds and smells of the dentist.

**Tip 9:** Sugar encourages acid formation in the mouth which can wear away the enamel making teeth more prone to decay. Check the sugar content of food and drink before giving them to your child.

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VISIT THESE USEFUL WEBSITES

[www.nhs.uk/livewell/dentalhealth](http://www.nhs.uk/livewell/dentalhealth)

Department of health website, giving you information on how to find a dentist and how to brush your child's teeth.

