

Visiting the dentist

Your child should visit the dentist to have regular check-ups. Take your child as often as the dentist recommends.



Sugar free medicines

Medicines are often spread out over the day and may be given during the night. If it contains sugar it can cause tooth decay.

Always ask for sugar free medicines for your child at the pharmacy or doctors.

Remember

Brush teeth last thing at night and one other time during the day.

Reduce the amount of sugary foods and drinks given in a day and keep them to mealtimes.

Drinks that contain acids for example diet drinks and natural fruit juices are harmful to teeth.

Visit the dentist as often as they recommend.

Always ask for sugar free medicines.

A list of local dental practitioners is available from: www.nhs.uk

For more information contact The Oral Health Improvement team. - 01928 593416

Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

 www.twitter.com/Bridgewater_NHS

 www.facebook.com/BridgewaterNHS

www.bridgewater.nhs.uk

© Version No: BRIDGE0042 –March 2015 to March 2018
reviewed by Bridgewater Lay Reader Panel

Community Dental Service

Oral health care for children



Quality first and foremost

Toothbrushing

Teeth should be brushed as soon as they appear in the mouth.

An ideal toothbrush should have a small head with soft/medium textured bristles.

For children under 3 years of age use a smear of ordinary family fluoride toothpaste. For children over 3 years of age use a pea-sized blob. See pictures below.

0-3 years



3+ years



Fluoride is important as it helps to make teeth stronger.

There is no fluoride in the local water supply.

Brush teeth and gums last thing at night and one other time during the day.

Children need help with toothbrushing up to the age of 7- 8 years.

Your child should spit out after brushing and not rinse. This helps the fluoride to work for longer on the teeth.

Drinks

Milk and plain water are the only safe drinks for healthy teeth.



All juices (fresh or cordial) - even the low or reduced sugar ones - can damage your child's teeth.

Sugar free, no added sugar, low sugar, fizzy and diet drinks are all very acidic and can harm teeth if given too often.

Children under 4 years of age should not have sugar free or diet drinks as artificial sweeteners are not recommended for young children.

Look out for; aspartame, saccharin and sorbitol as they are all artificial sweeteners.

Food

Sugar can cause tooth decay if given often to children **lots of times** during the day and at night.

It is important to prevent tooth decay by cutting down **how often** your child has food and drinks with added sugar.

Keep sugary foods and drinks to mealtimes only.

Make sure that any foods are sugar free. Fresh fruit, fresh vegetables, cheese, toast, plain rice cakes are healthier choices.

Dried fruits are very sticky and sugary and should be kept to mealtimes.



Do not use sweets as a reward for children try stickers, stars or small toys.

Sugar is also known by the following names:

glucose, glucose syrup, fructose, sucrose, dextrose, honey, maltose.

Watch out for these hidden sugars!