

Looking After Your Teeth

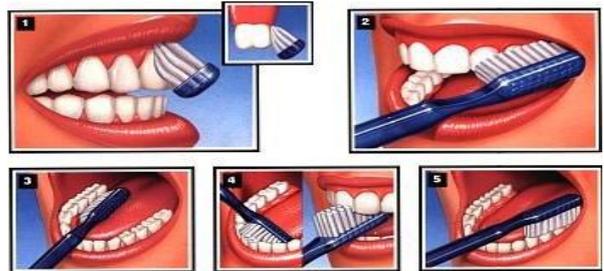


Toothbrushing Tips

- ❖ Start brushing your child's teeth twice every day – in the morning and last thing at night for two minutes - as soon as they come into the mouth
- ❖ Remember to reach every surface – the outside (cheek side), inside (tongue/roof of mouth side) and biting surfaces of all teeth
- ❖ Try using apps or music to help engage children for the full time e.g. Brush DJ, Aquafresh Brush Time, Oral B Magic Timer



- ❖ You may find it easier to sit or stand behind your child, cradling their chin in your hands so you can reach both top and bottom teeth
- ❖ Clean where the gum meets the teeth using small circular motions



- ❖ Help your children brush their teeth until they are at least 8 years old

Fluoride Advice

- ❖ Always use a fluoride toothpaste, as fluoride has been proven to reduce the chance of developing cavities
- ❖ After brushing, SPIT DON'T RINSE. It is important to leave the toothpaste on for as long as possible
- ❖ Dentists can apply a varnish with a high concentration of fluoride at check-ups. This has also been shown to reduce the risk of developing cavities in children

- ❖ For children 0-3yrs - a smear of toothpaste with at least 1000ppm fluoride
- ❖ For children 3+yrs - a pea size amount of toothpaste with 1350-1500ppm fluoride
- ❖ Note: ppm means part per million



Regular Check-ups

- ❖ Take your child to check-ups when you go – we recommend that they go by their first birthday
- ❖ Regular check-ups every 6 months (or more often if recommended by your dentist) will allow problems to be picked up earlier when they are easier to treat

- ❖ If your child is eligible for care under our criteria, your dentist will be able to refer them to the Children's Dental Service (See 'Who We See' on gov.gg/childrendentalservice)

