

Children's Dental Health Information For Parents

1. BRUSHING TEETH

- Brush children's teeth twice a day with a small headed toothbrush with medium-textured bristles and a family fluoride toothpaste.
- Brush last thing at night, just before bedtime and only have water to drink afterwards.
- Brush one other time of day
- Children younger than 3 years old should only have a small smear of toothpaste on their brush.
- Children aged 3 years and older should use a pea sized amount of toothpaste on their brush.
- You should encourage your child to spit out the toothpaste and not to rinse afterwards.

2. DIET

Any food or drinks, such as fizzy pop, fruit juice, diluted cordial etc, and those that contain sugar, should be kept to mealtimes only.

Only plain, non-sweetened milk (not flavoured or milkshakes) or plain, still water are safe to drink in between meals and sugar-free foods, such as chopped pieces of fruit or vegetables are safe to snack on between meals.

Following weaning, drinks should not be given in bottles. Open and/or free-flow lidded cups should be used instead.

3. DENTAL VISITS

It is important to ensure your child visits the dentist at regular intervals.

Dental visits are free for children up until the age of 18 years old.

Their first dental visit should be before the age of 1 years old.

Why not let Dr Ranj and Supertooth help you and your little one look after their teeth in these brilliant age related videos: bspd.co.uk/kidsvids

Other fantastic resources that you will find helpful:

bspd.co.uk/patients/patientinfo dentalhealth.org/childrens-teeth brushdj.com



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