



John G Plummer + Associates Dental Surgeons



## Oral Health Care – over 3 years

In 2018/19 there were **44,685** cases of under 18's requiring hospital treatment for removal of more than one tooth, the majority driven by tooth decay.

It is important to encourage healthy habits from a young age as tooth decay is totally preventable.

### How can I keep my toddler's teeth healthy?

From the **age of three** use a pea-sized amount of **1350-1500ppm fluoride** toothpaste shown in the picture. Try and get your child to spit after brushing as rinsing with water or mouthwash washes away the fluoride protection that toothpaste provides.



Check you are using the correct amount of fluoride by looking at the ingredients list on the back of the toothpaste tube, it will say in brackets the amount of fluoride it contains for example (1450 ppm F).

Be sure your child brushes for at least **2 minutes** twice a day, the most important time being before bed.

There are many ways for you to check your child is brushing for the correct amount of time.

Timers are a great way to check, it may be an egg timer, mobile phone app or an electric toothbrush with a 2 minute timer built in.



Supervise your child at least once a day during tooth brushing until they are at least 7 years old, this ensures you know they are brushing all their teeth.

Reduce the amount and frequency of sugary foods and drinks.

Visit the dentist regularly.

Dummies should be discouraged by the age of one as this can affect their speech, facial muscles and teeth. They should **never** be dipped in sweet substances such as honey.

Sugar free medicine is always recommended where possible.

Avoid all fizzy and sugary drinks. Health professionals advise children should only be drinking milk or water in between meals.

### How can I encourage my child to brush their teeth?

It is normal to struggle to get your child to brush their teeth especially twice a day and for 2 whole minutes but here are some tips that may help:

- Brushing teeth with a parent or sibling, to encourage them to copy.
- A sticker or reward chart.
- Brushing teeth in the bath.
- Giving them a mirror so they can watch themselves brushing their teeth.
- A new toothbrush they have picked out in the shop themselves. It may be a character they enjoy watching on tv or a light up toothbrush.

**Remember to change your child's toothbrush every 3 months**