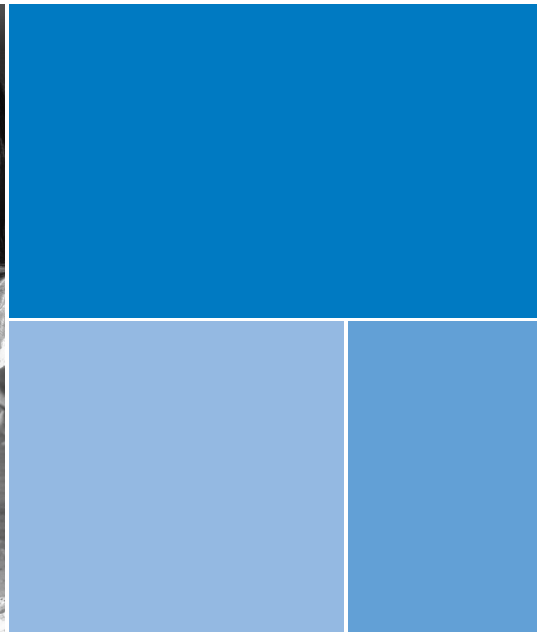


# Caring for Childrens' Teeth



## Dental Health Information leaflet

### 3 Key Messages

- Brush teeth with fluoride toothpaste twice a day.
- Cut down on how often sugary food and drinks are consumed.
- Take children to visit your dentist as often as they recommend.

## Teeth are important to us

We use them for eating, talking and smiling.

It is important to brush your teeth twice a day. Don't hurry when brushing.

Use a small headed toothbrush with soft/medium bristles.

Clean every tooth surface and gums using circular movements. This prevents the build up of plaque.

Change your brush when needed – at least every 3 months. Worn out brushes do not clean properly.

Children up to the age of 8 need help brushing.

Higher concentration of fluoride gives better protection against decay	
<b>1,000-1,300ppm 0-3 years</b> <b>Using a smear amount</b>	<b>1,350-1,500ppm age 3 + years</b> <b>Using a pea-sized amount</b>

ppm = parts per million. This information can be found on the side of the toothpaste tube.

## Sugar rots teeth

This is known as dental decay (caries). If your baby is thirsty in between meals the best drink for them is cooled boiled water or milk. Avoid sugary drinks in baby's bottles as this may cause tooth decay. This is known as bottle caries.

- Plain water is sugar free, thirst quenching and safe for healthy teeth. Soft drinks should never be given in a bottle as this sugar is in contact with teeth longer and may cause damage to them.
- Introduce a feeder cup from 6 months this will help baby change from bottle to cup.
- Read the manufacturers' labels and look for sugar free alternatives when possible.

## Snacks

Most damage is done to your teeth by eating between meals. Sugary snacks are not recommended in between meals as these may cause tooth decay.

Reducing the frequency of sugary snacks between meals may lower the risk of dental decay.

## Healthy Snacks

You could introduce some tooth friendly alternatives from our super snack list.

- Sticks of cheese
- Peeled, chopped or grated vegetables
- Chopped fresh fruit
- Homemade plain popcorn – air popped
- Plain rice cakes

## Drinks

Water is free, and thirst quenching. If your child prefers other drinks don't give up – keep trying – thirsty children will eventually drink water.

Milk provides your child with calcium and vitamins essential for strong teeth and bones.

Avoid fizzy or sugary drinks. Each time these are consumed teeth are under attack for up to one hour and are at risk of becoming damaged.

Even no added sugar soft drinks can increase the risk of dental problems and can dissolve the enamel on the teeth.

Invest in your child's future and discourage them from developing a sweet tooth.

Drink manufacturers don't always list sugar on the labels.

- They use words such as glucose, fructose, syrup and honey. These are all types of sugar.
- If your baby will not drink water, keep trying; babies' tastes continually change
- Never leave your baby to go to sleep with a bottle.

## Visiting the Dentist

It is recommended that children have been to the dentist by their 2nd birthday. You should then take them regularly, as often as your dentist recommends. This will let them get used to the noises, smells and surroundings and prepare them for future visits. The earlier these visits begin, the more relaxed children will be.

## The Developing Teeth

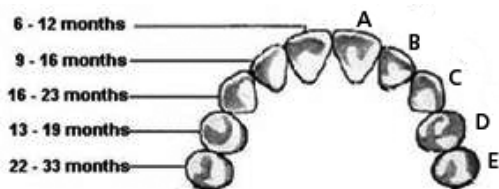
All children are different and develop at different rates.

First or “baby” teeth have usually developed before your child is born and will start to come through at around 6 months. All 20 baby teeth should be through by the age of 3 years.

The first permanent “adult” molars (back teeth) will appear at about 6 years of age, behind the baby teeth and before the first teeth start to fall out at about 6 - 7. The adult teeth will then replace the baby teeth. It is usually the lower front teeth that are lost first, followed by the upper front teeth shortly after.

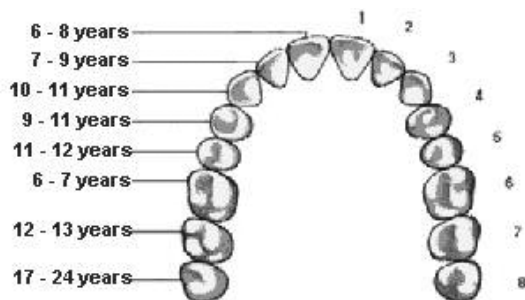
Some baby teeth will remain until 12 -14 years.

### Baby Teeth



Average eruption dates

### Adult Teeth



# Notes

# Notes

## Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

### Trust Values

#### Courtesy and respect

- A welcoming and positive attitude
  - Polite, friendly and interested in people
  - Value and respect people as individuals
- So people feel welcome**

#### Attentively kind and helpful

- Look out for dignity, privacy & humanity
  - Attentive, responsive & take time to help
  - Visible presence of staff to provide care
- So people feel cared for**

#### Responsive communication

- Listen to people & answer their questions
  - Keep people clearly informed
  - Involve people
- So people feel in control**

#### Effective and professional

- Safe, knowledgeable and reassuring
  - Effective care / services from joined up teams
  - Organised and timely, looking to improve
- So people feel safe**



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

**For a large print version of this leaflet, contact PALS 01493 453240**

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Revised January 2019  
James Paget University Hospitals NHS  
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Review Date: January 2022  
DE 4 version 2