

Toothbrushing is very important, the fluoride in the toothpaste helps protect the teeth

- ✓ Help young children to brush - stand behind them, use a small soft brush
- ✓ Put a smear or pea-sized blob of paste on your child's brush



- ✓ Supervise brushing with your child every morning and bedtime
- ✓ Use a family fluoride toothpaste for everyone. There are many to choose from, look for one that has 1350ppm-1500ppm fluoride concentration*
- ✓ Children should be encouraged to spit out the toothpaste but not rinse
- ✓ Young children like to copy adults when they brush

*we currently have no fluoride added to our water supply in Manchester

Children should see their dentist a few times a year for check-ups, but teeth need to be looked after everyday of the year



please... if you can't attend an appointment contact the dental practice and let them know as soon as possible, other children can then use the time slot.

Missed appointments waste NHS time and money

The Good Teeth Guide for children



Simple steps for everyone to have healthy teeth and gums



From the start....

- When your baby can sit up (around 6 months of age) try them on a trainer cup
- Stop using the bottle by the age of one
- Do not add sugar to drinks or weaning foods
- Choose safer drinks for your baby, water or milk are the best
- Start tooth brushing twice a day when the first tooth comes through - use just a smear of family paste

For pre-school children....

- Check and supervise your child brushing every morning and bedtime
- Use a small pea-sized blob of family toothpaste, not one for children
- Keep sweet food and drinks to mealtimes when they do less harm
- Give water or milk between meals, these are the safest drinks for teeth

For older children....

- Check that your child is brushing every morning and evening
- Use a pea-sized blob of family toothpaste
- Try to choose sugar-free snacks and drinks between meals (you can choose from some of the ideas below)
- Beware, "low-sugar" foods still contain enough sugar to decay teeth. Even sugar-free juices and some flavoured waters contain sugar and are best kept to mealtimes only

Check for sugar in foods - all these words mean sugars that can damage teeth:

Sucrose Fructose Glucose Glucose syrup Dextrose Honey Syrup

Choose from these safe snacks ...



All types of bread: wholemeal, white, muffins, toast, pitta, chapati, crumpet, nan, french stick, pizza pieces, breadsticks.



Cottage cheese, Edam Gouda cheese, fish and meat spreads.



All types of vegetables: carrots, cucumber, celery, jacket potato.



All types of fruit: banana, apple, pear, orange, tangerine, plum, grapes, cherries, melon, strawberries, lychees, passion fruit, kiwi, pineapple, peach, fresh coconut, pomegranate.



All types of crackers & crispbreads. Check that they are sugar-free.



Drinks of milk or water.