



Oral Health Parent PowerPoint



Why is oral health so important?

Tooth decay is the number 1 reason that children aged 5-9 are admitted to hospital! 23,529 children underwent hospital treatment for tooth decay from April 2019 to March 2020. This is more than double the second most common cause, acute tonsillitis!



When should we take our first trip to the dentist?



At 6 months, then every 6 months

How to keep your child's teeth healthy

Eat a well-balanced diet, limiting sugary and starchy foods.

Make sure your child is drinking water or using dental products with the correct amount of fluoride.

Take your child to the dentist for regular check ups.

Visit the dentist straight away if an injury has led to chipped, broken, or knocked-out teeth.

Teach your child how to brush their teeth and help them until the age of 10 years.

Why do we need fluoride?

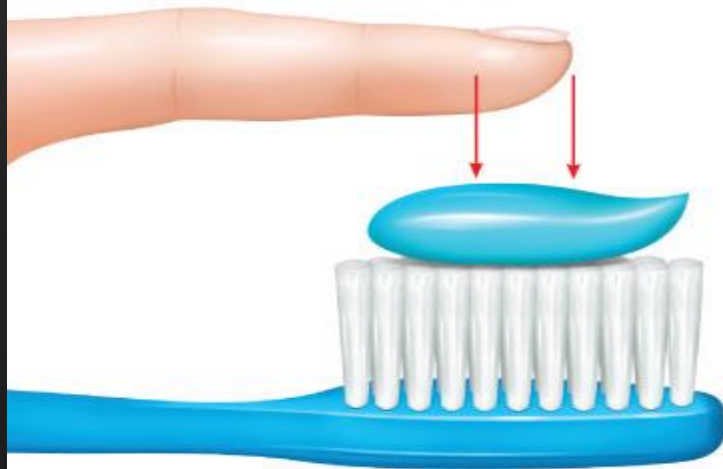
Over time, we have become increasingly aware of the important role of fluoride in strengthening tooth enamel. Fluoride occurs naturally in some water supplies, but in other parts of the country it is added to prevent dental decay. Research has shown that there is substantially less dental decay in children's teeth in areas where the drinking water is fluoridated.



Correct Amount of Toothpaste for Children

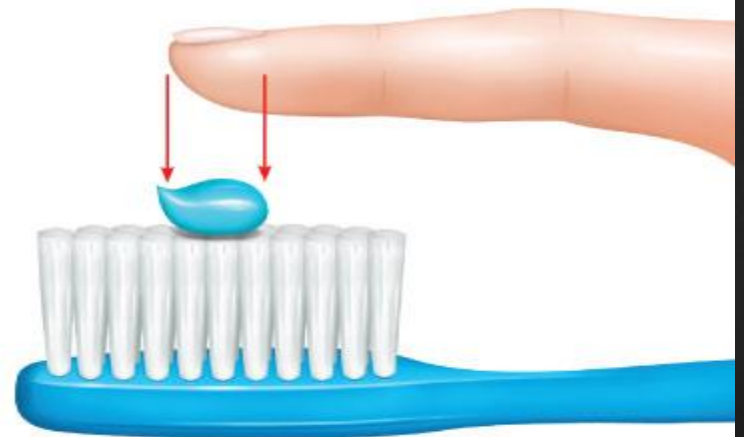
It is common for children to use more toothpaste on the toothbrush than what is needed or what is in the child's best interests. Too much toothpaste increases the chances of your child consuming too much fluoride.

INCORRECT



The above illustration shows the incorrect amount of toothpaste for a child. This amount could be swallowed by the child increasing or exceeding the daily amount necessary.

CORRECT



The above illustration shows the proper amount of toothpaste for a child, which is a pea-sized amount or roughly the size of their fingernail.

How should you brush your children's teeth?

1. Use fluoride toothpaste appropriate for their age – a pea sized amount.

2. At a 45° angle, brush where the gum meets the teeth gently all around.

3. Spit out the toothpaste.

Remember to brush twice a day for 2 minutes.



What else can I do?

Stop using baby bottles at 12 months as drinking from a bottle rather than a cup or beaker may encourage dental cavities in children, as the natural milk sugars present often linger around the teeth for longer with the use of the bottle.



What else can I do?

- Only drink water at night as this cannot affect teeth.
- Avoid sugary foods and drinks.



What else can I do?

Help floss your child's teeth from 2-3 years.



More Information



<https://teethteam.org.uk/resources/BSPD-Practical-parenting-guide.pdf>