

Simple Rules for Healthy Teeth & Gums

1. Brush Teeth Twice A Day

2 times a day for 2 minutes



- Start brushing babies teeth as soon as their first tooth appears (around 6 months)
- Brush teeth before going to bed and at any other time of the day. After brushing teeth at night DO NOT give children any foods or drinks, except for water
- Use toothpaste that has fluoride added to it. Under 3's toothpaste should contain a minimum of 1,000ppm of fluoride, and children 3+ & adults, 1,350-1,500ppm fluoride.
- Children under 3 should use a smear of children's toothpaste and a small, soft toothbrush.
- Children 3+ and adults need to use a pea-sized amount of toothpaste on a soft toothbrush
- Adults should not use a hard toothbrush as this can damage gums
- Don't rinse after brushing, leave the paste on the teeth as a protective barrier

2. Correct tooth brushing technique



Brush all surfaces of the tooth

- All the surfaces of the teeth need to be brushed
- It is just as important to brush the gum line
- Brush using small circular or left to right movements

3. Register with the Dentist

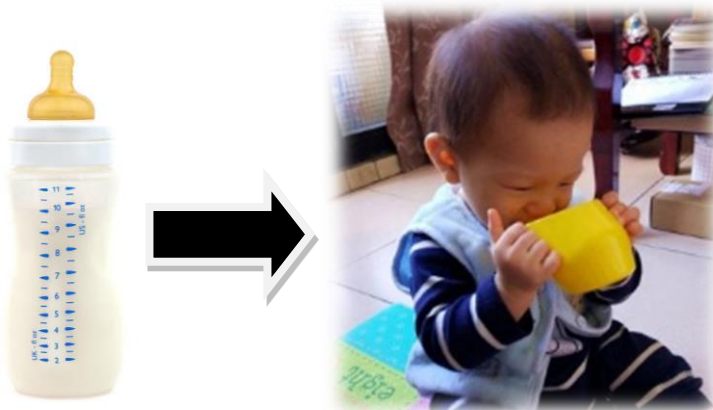
- Register your child and visit the dentist as soon as their first tooth appears
- It is important that children visit a dentist regularly as problems can develop quickly
- Adults should go to the dentist at least once a year
- Visit www.nhs.uk to find your local FREE NHS dentists





- Sugary foods and drinks cause tooth decay
- When you choose to have a sweet drink or foods, try to only give them at mealtimes. Lots of sugary snacks and drinks in between meals will cause tooth decay
- Don't add sugar to baby drinks or foods e.g. breast/formula milk or weaning foods
- Suitable drinks are water, milk and after 6 months pure fruit juice diluted 1 part juice to 10 parts water can be given
- Unsuitable drinks are fizzy drinks, squashes, drinks containing added sugar, tea
- Remember, that 'diet' and 'no added sugar' drinks also damage teeth

4. Bottle to Cup Transition



Introduce an un-lidded cup at 6 months and bin the bottle by 12 months

- Start using an un-lidded cup at 6 months
- Beaker can be used during the learning stage (give up by 1 year)
- Don't let children walk around with a bottle or lidded cup. Sit them down, give them a drink, and then take the bottle or cup away
- Use a free flowing beaker.
- Avoid non-spill beakers. These are unsuitable drinking vessels because they encourage a child to drink for a long period of time. This can lead to **choking, tooth decay, poor appetite at mealtimes and delay speech and language development.**