

Keep Suffolk

Smiling in School



Keep your child smiling with our simple
guide to looking after their teeth

Brushing

Your teeth help you to cut up and chew food, to talk and gives your face a nice smile. Brushing your teeth thoroughly, covering all surfaces of the teeth is important. You should brush the inside, outside and chewing surfaces of your teeth.



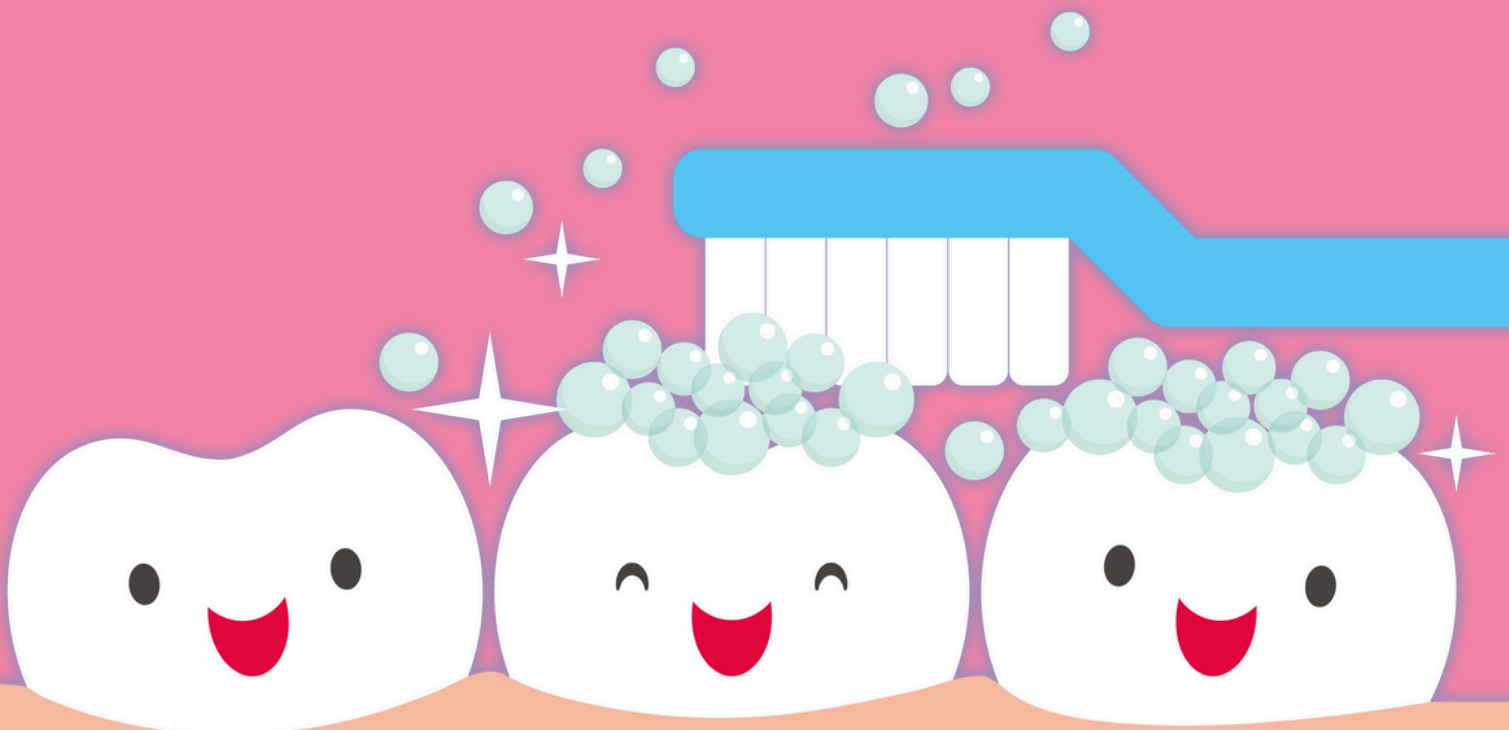
Brush twice a day for at least two minutes. Once before bedtime and one other time during the day



Under 7s should be helped by an adult as they do not have the ability to reach every surface of every tooth



Spit don't rinse! After you have brushed your teeth, spit the excess toothpaste out, don't rinse with water as this will wash away the fluoride that helps make your teeth strong.



Toothpaste



Always supervise toothpaste use. Make sure children don't lick or eat toothpaste from the tube!

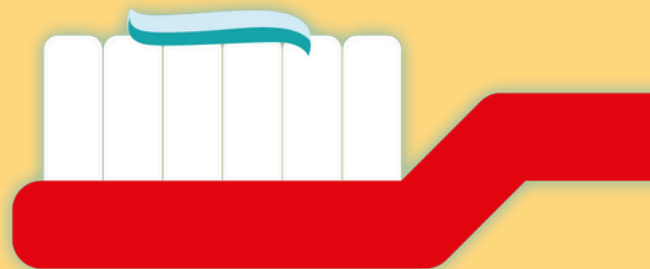
The recommended fluoride levels in toothpaste are below:

0-3 years

(Children's toothpaste)

1000 - 1350

parts per million (ppm)



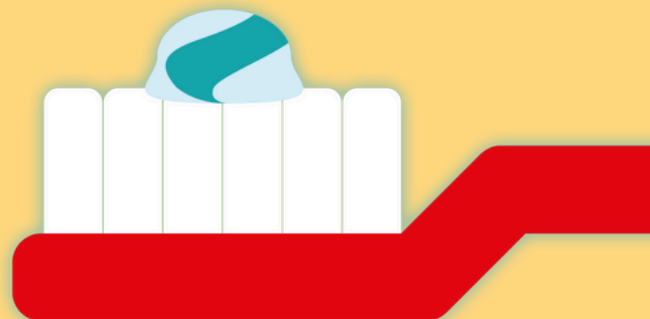
Use a smear the size of a grain of rice

3+ years

(Family toothpaste)

1350- 1450

parts per million (ppm)



Use a pea size amount

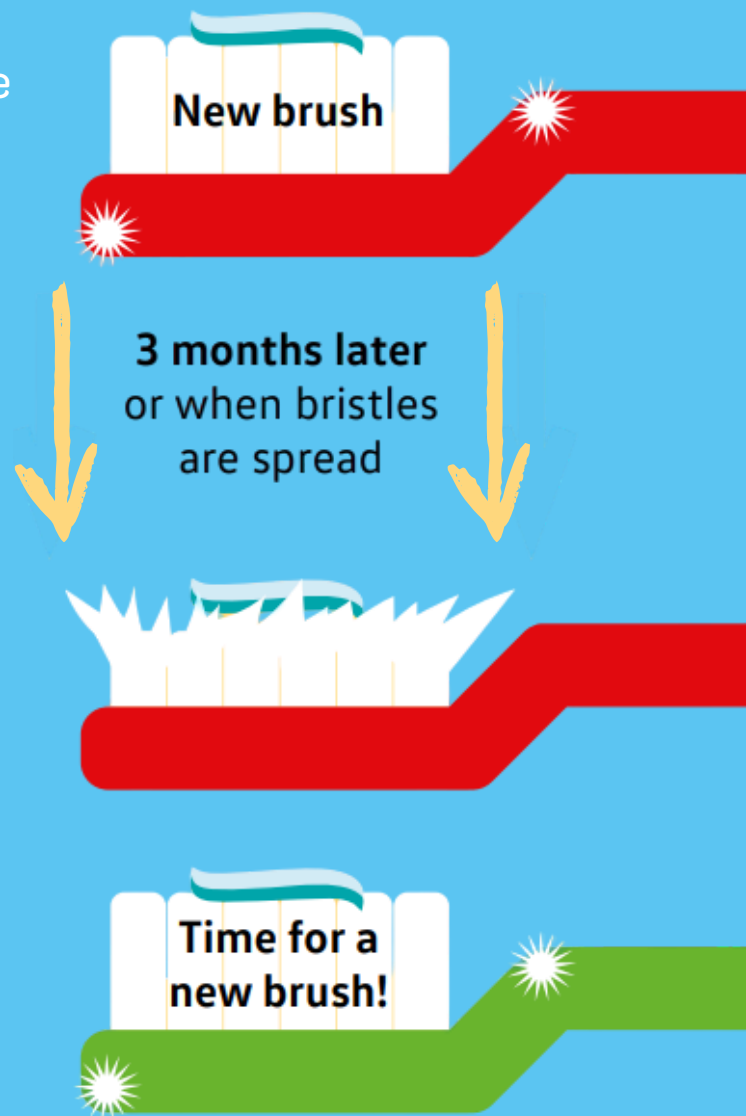
Check the toothpaste packet for this information or ask your dentist.

Toothbrush and Toothpaste Tips

Replace your toothbrush every 3 months or when the bristles become spread apart.

Regular small headed medium bristle toothbrushes are suitable for most children, but for children with oral sensitivities, different brush types are available. These include curved and three-headed toothbrushes which are specially designed to brush all surfaces of the teeth and gum line at the same time.

Ask your dentist for advice on different toothbrush types and non-foaming toothpastes.



Most family toothpastes are mint flavoured which can be too strong for small mouths. Try to start children on a mild toothpaste and work up to a stronger flavour as soon as tolerated.

For children who dislike strong tastes and foam, mild or non-flavoured and non-foaming toothpastes are available.

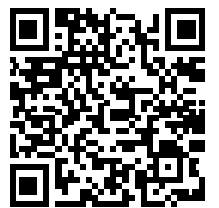
Visiting the dentist

When it comes to children's teeth, regular brushing and visits to the dentist are important.

If you've not yet taken your children to the dentist, please make an appointment.



To find an NHS Dentist scan the QR code or visit www.nhs.uk/service-search/find-a-dentist



Your dentist can also give you advice on whether your child would benefit from extra protection such as fluoride varnishes.

For an emergency appointment, you can contact 111 who will be able to give you advice on next steps.



Food and Drink



Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary food and drinks frequently, keep them to mealtimes.

Below are some examples of tooth friendly snacks and drinks between meals:

- Fresh fruit
- Fresh vegetables
- Toast (with a savoury topping)
- Breads and breadsticks
- Cheese and crackers



Milk or water are good choices of drinks between meals for children's teeth.

Below are some examples of tooth friendly alternatives to sugary food and drinks which you could aim to swap/exchange at mealtimes and between meals.

Swaps/Exchange?	Things to swap/exchange from	Things to swap/exchange to
Breakfast	Sugary Cereals	• Plain Porridge • Plain wholewheat biscuits • Plain shredded whole grain
Drinks	• Fizzy drinks • Sugary drinks • Sugary squash	• Water • Lower-fat milks
After school snack	• Muffins • Cakes • Croissants or pastries • Biscuits • Chocolate bars • Cereal bars • Sugary breakfast cereal • Puddings • Sweets	• Fresh whole fruit • Cut up vegetables such as carrot or cucumber sticks • Plain rice cakes • Toast or bagel with low fat spread or reduced fat hummus • Cheese
Puddings	• Chilled desserts • Cakes • Ice cream • Yoghurt	• Fresh whole fruit • Sugar free jelly • Low fat, lower sugar yoghurt

Try to eat fresh, local and seasonal ingredients to maximise your child's dental and overall health.

Food and Drink

The following, although generally considered healthy, are **not** tooth friendly, so should be kept to mealtimes only:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit
- Flavoured yoghurts or Milkshakes with added sugar

You can offer your child fruit juice at mealtimes, but make sure that it's diluted 1 part juice to 10 parts water. This makes it less acidic and less likely to cause tooth erosion. Limit the amount of juice and smoothies to 150ml per day.



For 1 hour before bedtime, try to avoid sugary foods and drinks all together

If your child requires medicine, ask for sugar free versions where possible.

Remember, the more often children eat and drink sugary and acidic things the more damage is caused to their teeth.

Videos and Apps to make Toothbrushing more fun

Making sure you brush your children's teeth for 2 minutes twice a day can be tricky! The websites and apps below can help you look after your children's teeth and make toothbrushing fun.

British Society of Paediatric Dentistry (BSPD) Smiles for Life



BSPD has lined up a great team to help make toothbrushing fun for families. Meet Dr Ranj, Hey Duggee, CBeebies and Brush DJ.

www.bspd.co.uk/Kidsvids



Brush DJ



Award winning, free toothbrushing timer app. Encourage your toddler to brush their teeth for 2 minutes whilst listening to their favourite songs.

www.brushdj.com



NHS Food Scanner App & Sugar Calculator

Use the calculator to work out how much sugar your child may be having each day and use the free food scanner app to find healthier choices for your family's favourite foods.

www.nhs.uk/healthier-families/food-facts





The Healthy Living Service

The Healthy Living Service offers support to children, young people, and their families to help remove the barriers to achieving a healthy weight and exploring ways to overcome those challenges.

The Suffolk service supports families with children aged 0 – 19 (25 for SEND) who are overweight.

We can help ease some of the worries around healthy eating and healthy lifestyles to support you to be able to raise a happy and healthy child.

The Healthy Living Service includes one-to-one support with the whole family. We also work closely with other organisations to help find the right support for you in your community.

To find out more scan the QR code or visit
www.suffolk.gov.uk/children-families-and-learning/childrens-health/healthy-living-service



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Available in other languages

Visit:

www.healthysuffolk.org.uk/healthy-you/children-and-young-people-1/childrens-dental-health

Or scan the QR code



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Tooth brushing chart



	Week 1		Week 2		Week 3		Week 4	
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								