

Oral health care for children (3-12 years)

Toothbrushing

Teeth and gums should be brushed last thing at night and at least one other time during the day with a pea-sized amount of a family fluoride toothpaste containing 1450 parts per million fluoride. Use a power or manual toothbrush with a small head and medium textured bristles.

Parents / carers should brush or supervise toothbrushing up to the age of 7 years although some older children may also need help with brushing.

Do not rinse out after brushing, just spit out any remaining toothpaste.

From 7 years of age, children may benefit from using a fluoride mouth rinse daily at a different time to brushing.

Diet

Sugary foods and drinks between meals may cause tooth decay. Reduce intake of these drinks and limit them to mealtimes.

The best choice of drink for children is either milk or plain water.

Many soft drinks (fresh juices, fruit smoothies, sugar free, no added sugar, low sugar, fizzy, sports and diet drinks) are also very acidic and can cause wear of the teeth so try to avoid brushing straight after having a soft drink.

The best choices for healthy snacks between meals are fresh fruit or vegetables or something savoury. Fruit can also be acidic so try to avoid brushing straight after eating fruit.

Keep dried fruits and any sugary snacks like biscuits, cakes, sweets or chocolate to mealtimes and avoid sugary foods and drinks at bedtime.

Do not use sweets as a reward for children: try stickers, stars or pencils.

continued over...

Sugar is also known by the following names: glucose, glucose syrup, fructose, sucrose, dextrose, honey, maltose, corn syrup. All of these can harm your teeth.

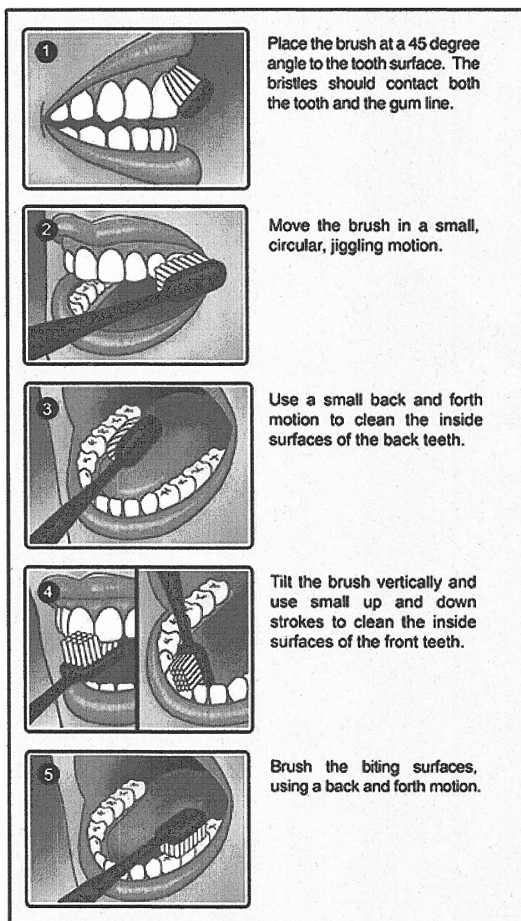
Always ask for sugar free medicines.

Visiting the dentist

Visit the dentist regularly (ask your dentist to recommend how often you should visit).

Ask your dentist whether your child may benefit from application of fluoride varnish to their teeth, about treatments that can help to prevent dental disease and whether your child should be using a fluoride mouthwash and toothpaste on prescription containing a higher level of fluoride.

How to brush your teeth correctly



Opening hours:

Monday - Thursday 8.30am - 5.00pm

Friday 8.30am - 4.30pm

St Catherine's Health Centre Dental Clinic

0151 652 6527

Victoria Central Health Centre Dental Clinic

0151 604 7328

Leasowe Dental Clinic

0151 638 6103

Out of Hours:

Out of Hours Service 111

Revive Dental Care

0161 476 9651

If you would like this information in another format or language, please contact the Your Experience Team on freephone 0800 694 5530. Alternatively you can email wcnt.yourexperience@nhs.net

August 2020 V2



wchc.nhs.uk



[@nhsbuzz](https://www.facebook.com/nhsbuzz)



[@wchc_nhs](https://twitter.com/wchc_nhs)