

Healthy Living

Top Tips Of The Week - Oral Health Part 2

Tooth brushing Tips

- Start brushing your baby's teeth with fluoride toothpaste as soon as the first milk tooth breaks through (usually at around six months, but it can be earlier or later). It's important to use a fluoride paste, as this helps to prevent and control tooth decay.
- Brush your child's teeth for about two minutes twice a day: once just before bedtime and at least one other time during the day.
- Encourage them to spit out excess toothpaste, but not to rinse with lots of water. Rinsing with water after tooth brushing will wash away the fluoride and make it less effective.
- Supervise tooth brushing until your child is seven or eight years old, either by brushing their teeth yourself or, if they brush their own teeth, by watching how they do it. From the age of seven or eight, they should be able to brush their own teeth, but it's still a good idea to watch them now and again to make sure they brush properly and for about two minutes.



Taking your child to the dentist

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can help prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practise for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

Visit these websites for more information

- <http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx>
- <http://www.nhs.uk/Livewell/dentalhealth/Pages/Goodhabitskids.aspx>

**Please get in touch if you have
any questions about these tips**