

ORAL HEALTH GUIDE



Why is it so important to look after your child's teeth?

A child's first set of teeth ('milk' or 'baby' teeth) have a crucial role to play in your child's long-term oral health as they hold space for the second teeth to descend into. Because the enamel is thin, **baby teeth are more likely to be affected by decay and erosion** if exposed to too much sugar or acidic drinks. This can lead to tooth ache and infection and sometimes require a general anaesthetic to remove the affected teeth.

That's why it's so important to teach them about their mouth and introduce them to good habits as soon as possible. It is equally vital to continue to 'normalise' dental visits and put them at ease with the role of a dentist as a person they can trust.

A child's first experiences with oral health can impact on the rest of their life!

At pre-school, we follow the Early Years Foundation Stage framework, which sets out our responsibilities to help ensure all children are equipped to make healthy choices and to ensure your children are safe and healthy during the Early Years' Foundation Stage (0-5years).

What we do at pre-school to support your child's oral Health?

- If children are eating lunch at pre-school, we encourage parents/carers to send healthy food in their child's lunch box and water to drink ✓
- We have water machines in all the rooms, teach the children how to use them and encourage them to drink plenty of water throughout the day ✓
- We ask our parents/carers to contribute a £10 per half term donation which goes towards providing a healthy varied range of seasonal snacks for the children ✓
- Our snack board allows the children to learn about healthy food options - using visuals to place healthy and unhealthy foods into categories to aid in broadening their knowledge ✓
- We have various visuals throughout the rooms including photos from home to create talking points with children about their own experiences ✓
- We have activities throughout the day, such as singing, which will aid in strengthening tongue muscles to form shapes and create sounds ✓
- Oral health is a focus at our pre-school and is part of our curriculum (Personal Social & Emotional development) with many activities in place for the children to learn about and help re-enforce the importance of good oral health. ✓

What can you do at home to ensure your child has a healthy smile?

1. *Avoid sugary or acidic food and drinks*
2. *Follow a daily tooth brushing regime with your child*
3. *Early regular visits to the dentist*

WHAT TO EAT AND DRINK AND NOT TO EAT AND DRINK!!!!

Avoid giving your child sugary or acidic drinks and snacks throughout the day. The more often your child has these the more likely they are to have decay.

It is important to have any sugary or acidic foods and drinks at mealtimes only.

If you want to give your child a snack between meals, try cheese, vegetables and fruit - but limit dried fruit snacks as these are high in added sugar.

Encourage your child to drink water (or milk) between mealtimes.

Generally anything ending in 'ose' is a sugar, for example: fructose, glucose, lactose or sucrose.

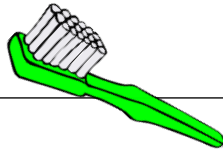


VISITING THE DENTIST












- It is recommended that children should go to the dentist with their parents as soon as possible. The earlier these visits start, the more relaxed the children will be.
- Going to the dentist should be a positive experience and going regularly will let them get used to the noises, smells and surroundings and prepare them for future visits.
- Beware, children can sense fear in their parents, so it is important not to let your child feel that a visit to the dental team is something to be worried about. If you have any fears of your own about going to the dentist, don't let your child hear you talk about them.
- Toothache is painful and upsetting, especially in children, and the main cause is [tooth decay](#). This is often due to too much sugar, too often, in the [diet](#). Teething may also cause toothache. Teething starts at around 6 months and can continue when the adult teeth start to appear.
- If your child needs pain relief, make sure you choose a sugar-free medicine. Always ask your doctor or pharmacist to prescribe sugar-free medicines at all times.
- If the pain continues contact your dental team for an appointment.

Try to be supportive if your child needs to have any dental treatment. A child can be much more anxious if it is their first visit to a dental practice.





STEP BY STEP GUIDE TO CLEANING TEETH

-  Cleaning your child's teeth should be part of their daily hygiene routine.
-  Clean your child's teeth every day with [fluoride](#) toothpaste, last thing at night and at least one other time during the day
-  When the first teeth start to appear, try using a toothbrush designed for children, with a small smear of fluoride toothpaste (with a fluoride level of at least 1000ppm). Once your child is three years old use a pea sized amount of toothpaste containing 1350ppm - 1500ppm
-  Once all the teeth have appeared, use a toothbrush with a small head and soft bristles in small, circular movements and try to concentrate on one section at a time.
-  Brush for 2 minutes (use an egg timer - it's a great visual for your child)
-  Don't forget to brush gently behind the teeth and onto the gums.
-  Spit out after brushing and do not rinse, so that the fluoride stays on your teeth longer and will be more effective.
-  You may find it easier to stand or sit behind your child, cradling their chin in your hand so you can reach their top and bottom teeth more easily.
-  It is important to supervise your child's brushing until they are at least seven years old.
-  Remember to encourage and praise your child - a praise will often get results!
-  Make teeth brushing fun! There are many different types of children's toothbrush, including brightly coloured brushes, some that change colour or have a favourite character on the handle. A power toothbrush (suitable for the age of your child) can also help to make brushing fun and make sure your child brushes for the correct amount of time.



Brush, brush, brush your teeth

(Sing this song to your child in the tune 'Row, row, row your boat')

Brush, brush, brush your teeth

Brush them every day

We put toothpaste on our brush

To help stop tooth decay

Clean, clean, clean your teeth

Clean them every day

Your teeth will sparkle for years to come

In the most beautiful way

Brush, brush, brush your teeth

Brush them every day

Happy, healthy teeth you'll have

It its done this way

