

ORAL HEALTH FOR CHILDREN

WHAT IS TOOTH DECAY?

The hard outer surface of a tooth is broken down or damaged by bacteria and acid making holes in the teeth, called cavities. It can cause pain and infections, and cause problems with eating, speaking, playing, learning, smiling and socialising. Tooth decay occurs when foods and drinks with sugars and starches are left on the teeth.

- Tooth decay is the most common reason for hospital admission in children aged 6-10
- Children with poor oral health have an increased risk of damage to adult teeth



There were 26,000 hospital admissions for children needing dental extraction in 2014 - 2015 (study carried out every 10 years)

REDUCE THE RISK OF TOOTH DECAY

- Take your child to the dentist when their first milk teeth appear
- Brush teeth twice a day with fluoride toothpaste - no rinsing
- Support children under 7 with brushing
- Children should see a dentist yearly at least
- Children should have fluoride varnish at each visit (which is free)

WHERE TO ACCESS A DENTIST

Scan the QR code or search "Find a dentist" for the NHS website.



Dental care is free for children and young people aged 0-19 years old.

TOP TIPS ✨

- Brush teeth in the morning and at bedtime for 2 minutes with fluoride toothpaste
- Use a pea-sized amount of toothpaste
- Spit out after brushing and don't rinse, otherwise the fluoride won't work as well
- Fizzy drinks, fruit juices and sugary snacks should be limited to mealtimes

HOW TO MAKE IT FUN

- Everyone can brush their teeth together - why not try a staring contest?
- Brushing to the beat - why not brush to your favourite song?
- Go electric?
- Use a timer - see who gets to two minutes without stopping

