

Top Tips for Teeth

Week 7

Introduction

It is important for parents / carers to look after children's teeth from an early age

The following slides will cover:

- Registering babies/children with a dentist
- Teething
- Tooth eruption
- Toothbrushing
- Bottles and dummies
- Safe snacks and drinks



Registering with a Dentist

It is important to take babies to the dentist as soon as the first tooth appears in the mouth

Children should attend the dentist as often as recommended by the dental practice

For further information about finding a dental practice near you, please click on the following link

<https://www.nhs.uk/service-search/find-a-dentist>



Teething



Babies usually start teething when they are about 4 to 6 months old

The first tooth generally comes when baby is about 6 to 8 months, old but every child is different

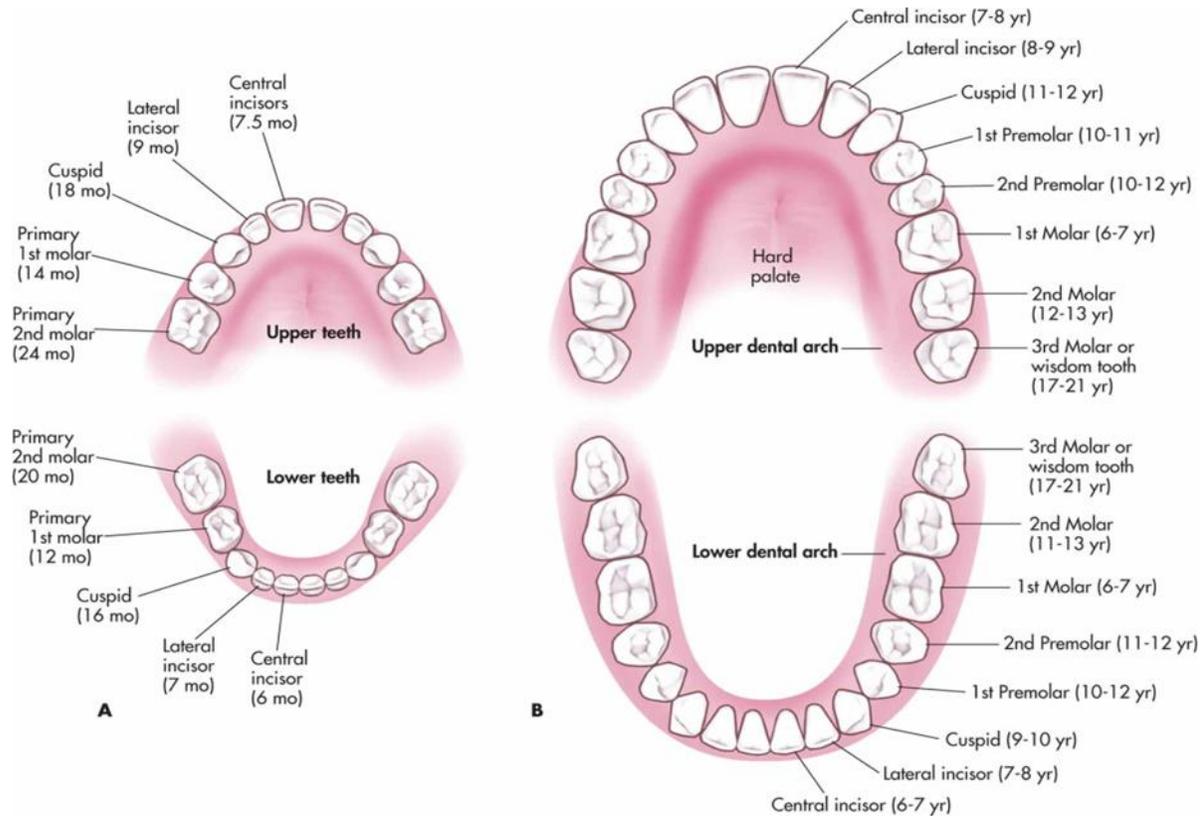
Some signs of Teething:

- Red cheeks
- Dribbling
- Irritability
- Raised temperature
- Upset tummy

Please remember they may not get all these symptoms together.

Speak to your health visitor or pharmacist for advice on teething.

Tooth Eruption



Babies should start teething at around 6 months old and will continue until all 20 baby teeth come through. Of course, every child is different, and some children can start teething much sooner.

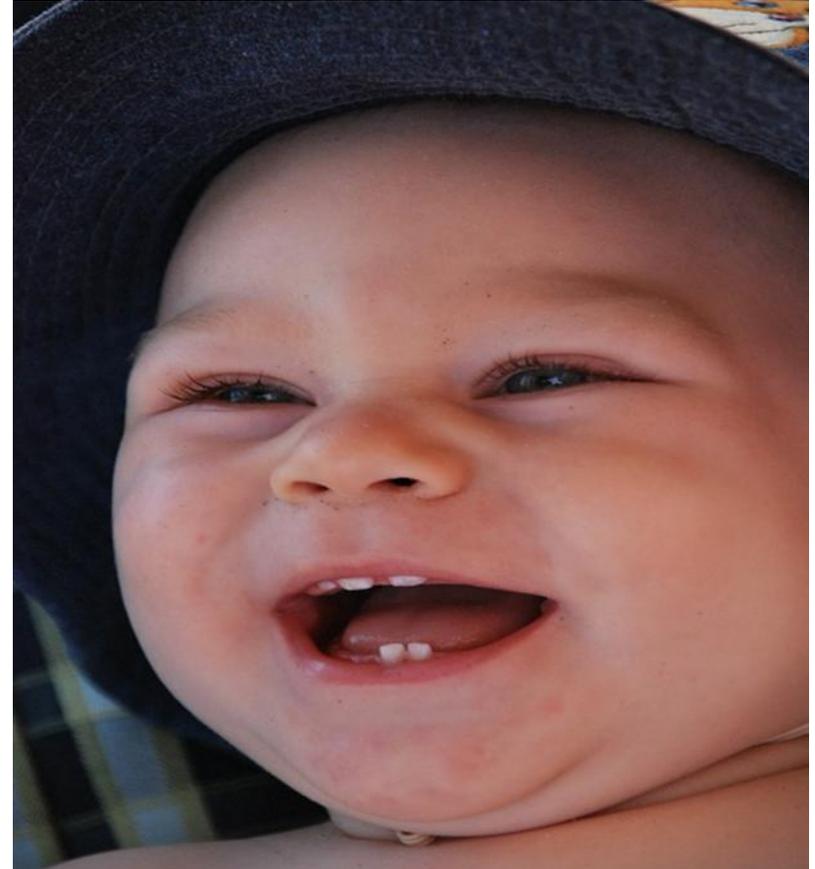
At around 6 years old, the adult teeth will begin to appear. This will continue until all the adult teeth, except the wisdom teeth, have come through at around 14 years old.

Toothbrushing

Baby's teeth should be brushed as soon they appear in the mouth

It's important to create good oral hygiene habits from an early age

Babies and children need teeth for eating, speaking and smiling, teeth are also important for social and emotional wellbeing





Use a small headed toothbrush for brushing

Teeth should be brushed last thing at night and one other time in the day for about 2 minutes (depending on the age of the child)

Use a family fluoride toothpaste containing between 1000 and 1450 parts per million (PPM) fluoride

Toothpaste

Use only a smear of toothpaste for children under the age of 3



For children over the age of 3, use a pea-sized amount of toothpaste



Make sure children do not eat or lick the toothpaste from the tube

Keep toothpaste out of the reach of babies and young children

Encourage children to spit out the toothpaste after brushing and not to rinse their mouth, as the fluoride will stay on the teeth and help to protect them

Always help children with tooth brushing until they are around 7yrs of age as they often miss the back teeth



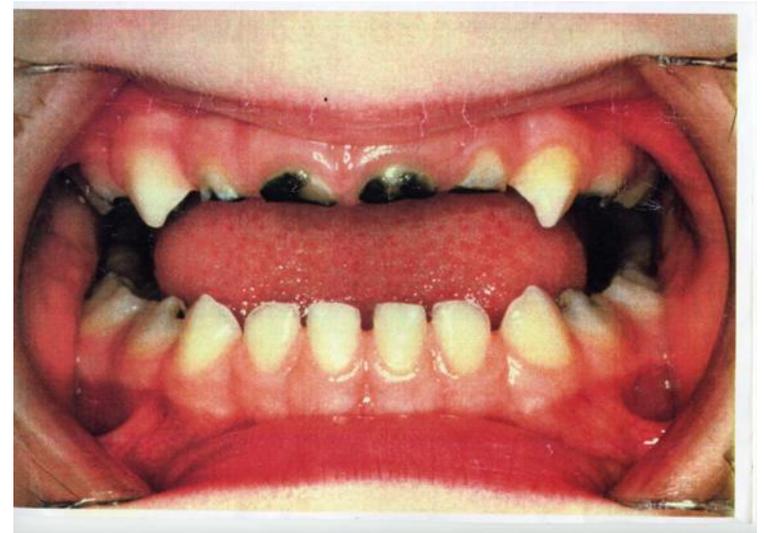
Bottles and Dummies



- Giving babies and young children sweet drinks in bottles, (especially during the night) is linked to tooth decay
- Speech development can also be delayed from the over use of bottles and dummies
- Never dip a dummy in anything sweet as this will cause tooth decay

Only put milk or plain water in bottles (not milk shake or juice of any kind)

Avoid giving babies and young children sweet drinks or sugary snacks between meals, last thing at night or during the night as this will cause tooth decay



Tooth decay in a young child

When to introduce a cup



Introduce babies to a free-flow cup from about six months old

Only put plain boiled water in the cup

Babies don't know anything different other than water, milk or breast milk so there is no need to give them sweet drinks

Establishing good habits from the beginning is important

Safe Snacks for Teeth



Fresh fruit, cheese, toast, plain rice cakes, bread and crumpets with low fat spread are better for teeth and general health

Dried fruits, such as raisins and sultanas are full of sugar and will stick to the teeth

If dried fruit is given to children, it should be kept to mealtimes

Top Tips for Teeth

- Brush teeth last thing at night and one other time during the day
- Use a toothbrush with a small to medium sized head with soft bristles
- Use a recommended fluoride toothpaste
- Brush for 2 minutes
- Spit out the toothpaste after brushing, but don't rinse your mouth
- Keep sugary food and drinks to mealtimes
- Visit the dentist regularly



Thank You

Hope you enjoyed this presentation.