

Top Tips for Teeth – 5-10 years

Week 7

Introduction

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

The following slides will cover:

- Visiting the dentist
- Stages of tooth eruption
- Plaque and Gum disease
- Tooth decay
- Toothbrushing
- Safe snacking

Why is a healthy mouth important?



A healthy mouth is important for eating, speaking, smiling and communicating

A healthy mouth helps children to feel more confident and improve their mental health and wellbeing

Registering with the dentist

Children should attend the dentist from a young age to get them into good habits and avoid any dental problems later in life

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 [Find a dentist - NHS](#)

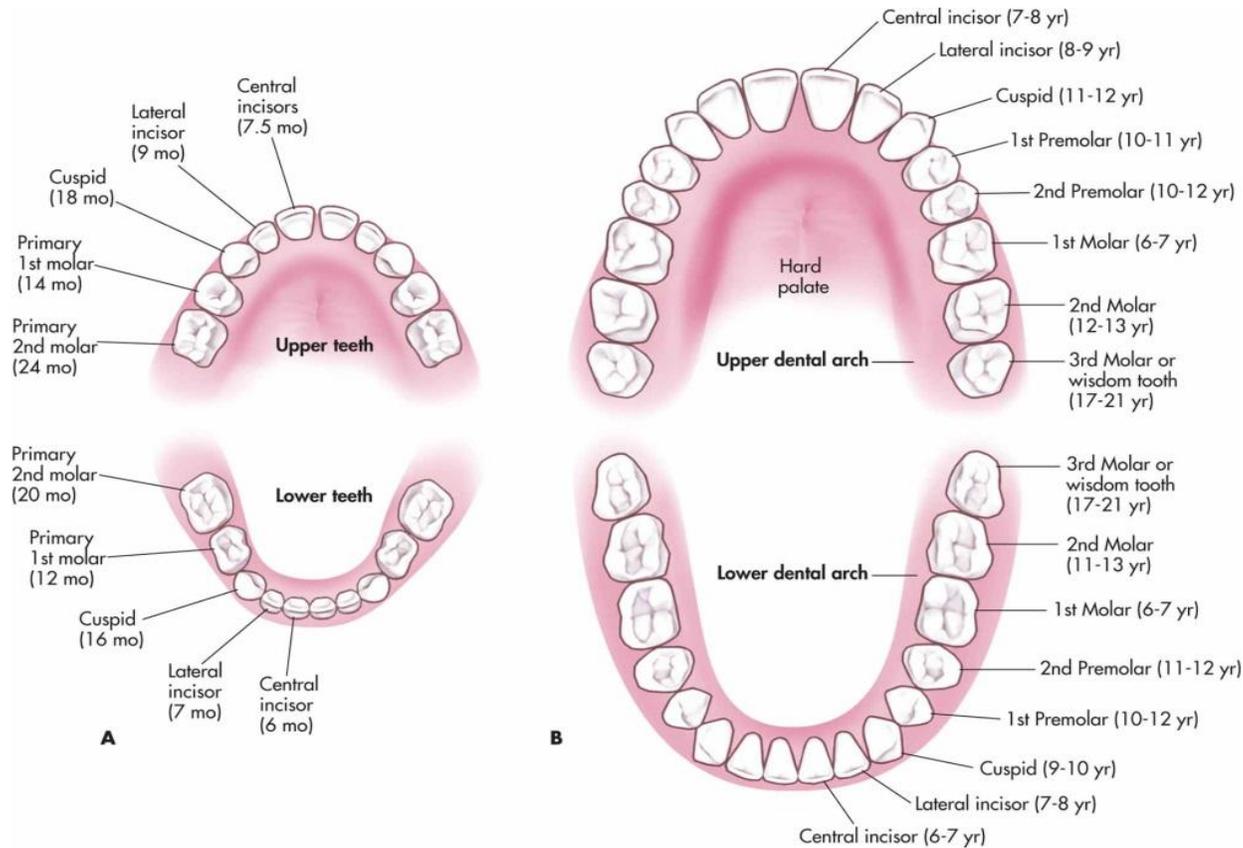


What happens if you don't look after your teeth and gums?

- Gum disease and bad breath
- Tooth decay
- Pain
- Misery
- Sleepless nights
- Trips to the dentist to have fillings or have decayed teeth taken out



Permanent Teeth & Tooth Eruption



Children start losing their first baby teeth at around the age of 6.

The first permanent teeth usually start erupting around the age of 7

By the age of 11 or 12 years plus, children will usually have all of their permanent teeth

What is plaque?

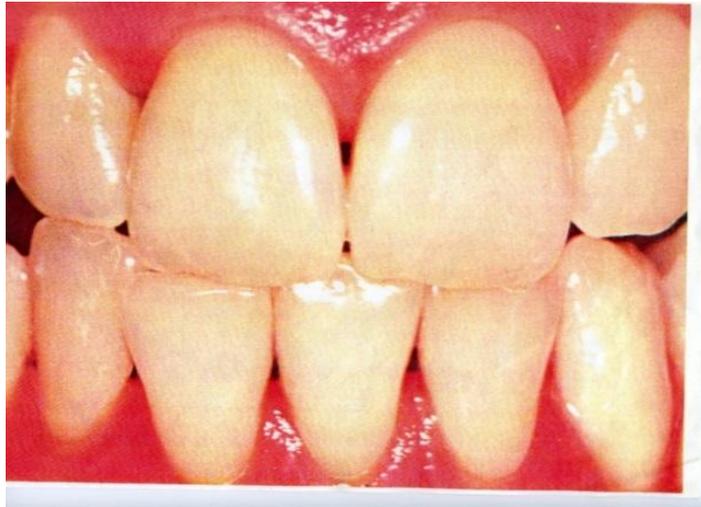
Plaque is a sticky film of bacteria that constantly forms on teeth.

Plaque can cause tooth decay and gum disease if we don't brush our teeth and gums properly every day.



Healthy gums and unhealthy gums

Healthy gums



Unhealthy gums



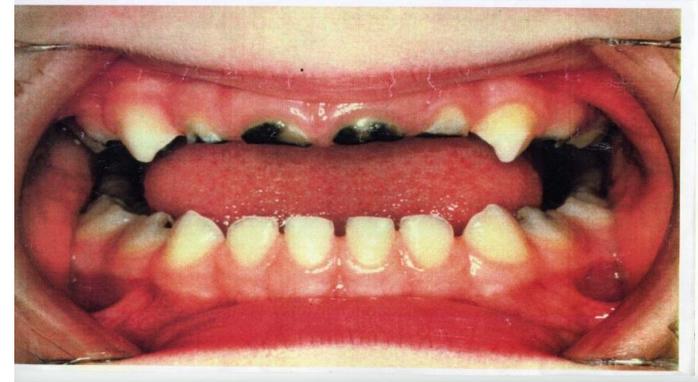
To keep teeth and gums healthy, brush them twice a day with a fluoride toothpaste

What causes tooth decay?

Tooth decay is caused by the frequent consumption of sugary food and drinks

Snacking during the day, before bed and drinking sweet drinks during the night will cause tooth decay

Cutting down on the amount and frequency of intake of sugary foods and drinks will help to prevent tooth decay (Keep them to mealtimes)



Advice about Toothbrushing



Children's teeth should be brushed last thing at night and at one other time in the day for 2 minutes

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

Children should use only a pea-sized amount of toothpaste

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

Encourage children to spit out the excess 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 7 years of age as they often miss the back molars

The first 4 permanent molars (right at the back of the mouth) start coming through from around the age of 7 years. It is important to make sure children look after them



Safe Snacks for Teeth



- Fresh fruit
- Fresh Vegetables
- Plain rice cakes
- Breadsticks
- Cheese
- Plain yoghurt
- Plain bagels

Cereal Bars and dried fruits contain a lot of sugar and are best 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 pea-sized amount of toothpaste containing 1450ppm fluoride
- 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



Struggling with toothbrushing?



[Try this link for the Bridgewater Occupational Therapy Advice Sheet](https://bridgewater.nhs.uk/wp-content/uploads/2021/12/Warrington-Childrens-Occupational-Therapy-Teeth-Brushing-advice-sheet.pdf)

<https://bridgewater.nhs.uk/wp-content/uploads/2021/12/Warrington-Childrens-Occupational-Therapy-Teeth-Brushing-advice-sheet.pdf>

Further Resources

This is a free 8-week email programme that encourages families to eat better and move more, with budget conscious, easy and practical ideas.

www.healthysteps.uk



Thank You

Subheading