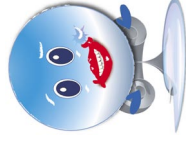


Looking after our teeth



Smiley-Brights' Guide to Oral Health and Dental Care



PLACE A PICTURE
OF YOUR CHILD
HERE

By the age of three, most of us
will have all 20 baby teeth

When we have all our teeth, use no more than
a small 'pea sized' smear of tooth paste. If we
have less teeth, use a smaller amount please

We need to use tooth paste with 1000ppm
flouride, (this is found on the box)
until we are at least seven

We should brush our teeth twice a day
- in the morning and before bedtime

It's important that we do not have
food or drink, except water,
until the morning

Adults should supervise us brushing our teeth
until after we are seven or eight old years.

Do this by brushing them for us,
or if we brush them, watch how we do it

Remember, we are entitled to free dental
treatment, so please register us at a dentist
when we get our first teeth

Please be aware that this is not a toy. Due to the sharp edges
in the mirror, this Oral Health Teaching Aid should only be used
with adult supervision.

Smiley-Brights' guide to Brushing



- ☺ Use a small headed 'soft' children's tooth brush
- ☺ Start by brushing on the outer surface of the teeth
- ☺ Place the tooth brush against the gum line and gently brush up and down in circular movements all around each tooth



- ☺ Pay particular attention around the gum line, between the teeth and hard to reach back teeth
- ☺ After brushing each tooth on the outer surface, do the same for the inner surface
- ☺ Then brush the chewing surface using short sweeping strokes.

When all the teeth have been brushed, encourage your child to spit out excess tooth paste, but there is no need to rinse. Fluoride is a mineral that strengthens tooth enamel and help to protect the teeth from decay. It will continue to work after brushing


- ☺ Change the tooth brush as it gets out of shape




You know your child best, so it is important that you develop a way that supports them and you.

Here are some tips that you may consider:

 Make brushing teeth fun

 Make tooth brushing a key part of their daily routine; after breakfast and before they go to bed

 Teaching them how to brush their teeth and that it can be more fun when they feel like they have choices in the process. Let them choose their tooth brush and tooth paste - this may be one with a familiar cartoon character or favourite colour.

 Show and talk to them about how to brush their teeth properly


 Look for ways to engage them in tooth brushing

 Sing a favourite song or make up songs

 Have their favourite music playing





 Brush teeth together; take turns brushing each others teeth


 Allow them to brush your teeth. Have fun with this, and then allow them to brush their own teeth. Finish the session by brushing their teeth.

 Let them brush their favourite doll's teeth before you brush theirs.

 Brush their teeth when they are in the bath where they are relaxed.

 Look in the mirror and brush teeth side by side and complete with funny faces. Use sounds like "ahhhh" or "eeeeeee" to help your child open their mouth.

 Give lots of praise and reinforcement of what they are doing (for instance: "well done you brushed your teeth really well , well done you remembered to brush the teeth at the back that are hard to reach" etc.)

 Share picture books and DVDs with them. This reinforces the basics of good oral hygiene. You can get these from your local library

More tips that you may consider:

- Use only a pea-size amount of tooth paste on their tooth brush. Larger amounts tend to be difficult for children to handle by creating too much foam and overwhelming their mouth with tooth paste
- Be aware of the tooth paste you use. Some tooth pastes contain strong flavourings that adults may not notice, yet they can sting young mouths. Use tooth paste that's specially made for children and has a pleasant flavour for sensitive taste buds
- Go to the bathroom with excitement and make the activity sound really fun



- Use an egg timer (2 minutes) so they know when to stop brushing
- Use an oral hygiene chart



Diet advice

- Keep food snacks tooth friendly and sugar free (cheese, vegetables and fresh fruit give water)
- If giving sweet food, keep it to mealtimes
- Give water and plain milk to drink. If giving juice, use freshly squeezed
- Beware of sugar in foods and drinks - especially in juice.

Signs of Decay

- If you notice any discolouration or black marks on the teeth that does not brush off, take your child to the dentist. Decay will soften the tooth and can soon spread

Dummies

- If using a dummy, the teat should be small and flat
- Try to stop dummy use by twelve months or earlier if possible
- Do not dip dummies into anything sweet - it can cause decay