

Dental Hygiene

Dental Hygiene for Children- Recently we had a visit from a Dental Nurse who explained in a child friendly way the importance of dental health. The children could have a turn at brushing the horse's teeth to encourage engagement and practice their skills. If your child is currently not registered with a Dentist and you're unsure where to find a local Dental Practice please follow link to see which are near to your home- <https://www.nhs.uk/service-search/find-a-dentist>

Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay. A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Additional Information

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg/sand timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

Taking your child to the dentist

- NHS dental care for children is free.

- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.

If you would like some ideas of how to prepare for the first dentist trip, please follow the link- Going to the dentist with toddlers- BBC Tiny Happy

People- <https://www.bbc.co.uk/tiny-happy-people/articles/z8kdkty>

Any questions, please contact me either via email- cbrown@norcot.reading.sch.uk or telephone- 07483368773