

Oral health and dental care for schools



Tooth decay is preventable

Did you know ?

Tooth decay is the most common single cause of 5-9 year olds being admitted to hospital for tooth extractions under general anaesthetic

In London 1 in 4 five year old have tooth decay



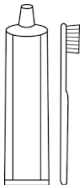
Steps you can take to prevent tooth decay



Eat less sugary food and drinks



Be food smart check out the free app



Brush twice daily with a fluoride toothpaste



Visit the dentist regularly

NHS dental care is free for children

WHY IS ORAL HEALTH IMPORTANT?

Healthy teeth



Decayed teeth



Tooth decay can:

lead to pain, discomfort, sleepless nights, time off school and can potentially impact on school readiness

Lead to children having to be hospitalised to have teeth extracted

Parents and carers needing to take time from work to care for children with toothache or taking them to the dentist

Children

Brush twice daily, with a fluoridated toothpaste Brush last thing at night and at least on one other occasion

Brushing should be supervised by a parent/carer

Use fluoridated toothpaste

Spit out after brushing and do not rinse, to maintain fluoride concentration levels

Reduce the frequency and amount of sugary food and drinks

Eat tooth friendly snacks

Sugar-free medicines should be recommended

Visit the dentist regularly

Receive fluoride varnish to teeth two times a year (children 3 +



Looking after our teeth Smiley-Bright Guide to Oral health and Dental Care



Oral health and dental Top Tips:

Establish a tooth brushing routine



Brushing teeth twice a day

Last thing at night and in the morning



After brushing at night only give water to drink until the morning

Brush teeth for about 2 minutes with fluoride toothpaste

Encourage your child to spit out after brushing however they do not need to rinse. As the protective effect of the paste will carry on after brushing.

Brushing teeth twice a day reduces tooth decay by a further 14% compared with once a day

Tooth brushes

Children's toothbrushes should be soft and small so that they can brush around all the teeth and gums effectively, lifting off plaque, (the white, sticky stuff that forms around teeth and gums), which contains bacteria and can cause gum disease.

Toothbrushes should be replaced every 3 months or if the bristles become 'splayed', whichever is sooner.

Tooth brushing also protects the surface of tooth through using fluoride toothpaste.



Top Tips - tooth brushes

- You should never share toothbrushes, even among family members and brushes should be allowed to dry out in air to reduce the risk of cross-infection.



Top Tips : Tooth paste

Brushing teeth thoroughly with fluoride toothpaste is one of the most effective ways of preventing tooth decay.

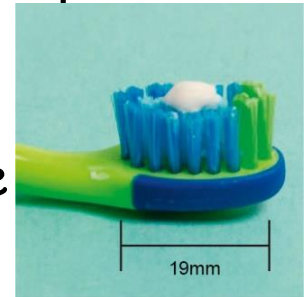
Fluoride is a naturally occurring mineral which helps strengthen and protect tooth enamel and reduce the amount of acid made by plaque bacteria. Apart from what naturally occurs in our water

The current recommendations for fluoride levels in toothpaste in order to protect teeth:

For ages 0-3, use a smear of toothpaste with a fluoride level of at least 1,000ppm (parts per million).

From 3 years of age, children should use a pea-sized blob of toothpaste with a fluoride level of 1,350-1,500ppm, or standard family toothpaste.

For children avoid toothpaste that are designed for whitening etc.



Top tips -Supervising brushing

- Children need help with their tooth brushing until they are at least 7 years old.
- Now much more independent, they may not want you to help however, you will need to check and have a go from time to time to make sure they are brushing all teeth and gums properly and spot any problems early.
- **Disclosing tablets (available from chemists) which stain plaque can help you check your brushing technique.**



Top Tips : Supervise Tooth brushing

When all the teeth have been brushed encourage your child to spit out excess tooth paste.

All ages should spit toothpaste out. Do not rinse or use a mouthwash straight after brushing as this removes the protective layer of fluoride from the teeth.



If they use a mouthwash do not use at the same time as brushing.

























































Use it at an alternative time, because it washes away the fluoride in the toothpaste

Top Tips : Use a tooth brushing chart

My Toothbrushing Chart

Brush first thing in the morning and last thing at night

Place a tick in the box every time you brush your teeth ✓

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Week 2	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Week 3	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Week 4	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Top Tips baby/ adult teeth

- Children lose baby teeth at 6-12 years of age.
- From 6-12 years, children have a mixture of adult and baby teeth. The baby molars are replaced around 12 years of age.
- By about 12, most children have all their adult teeth except for the third molars (wisdom teeth). There are 32 adult teeth.

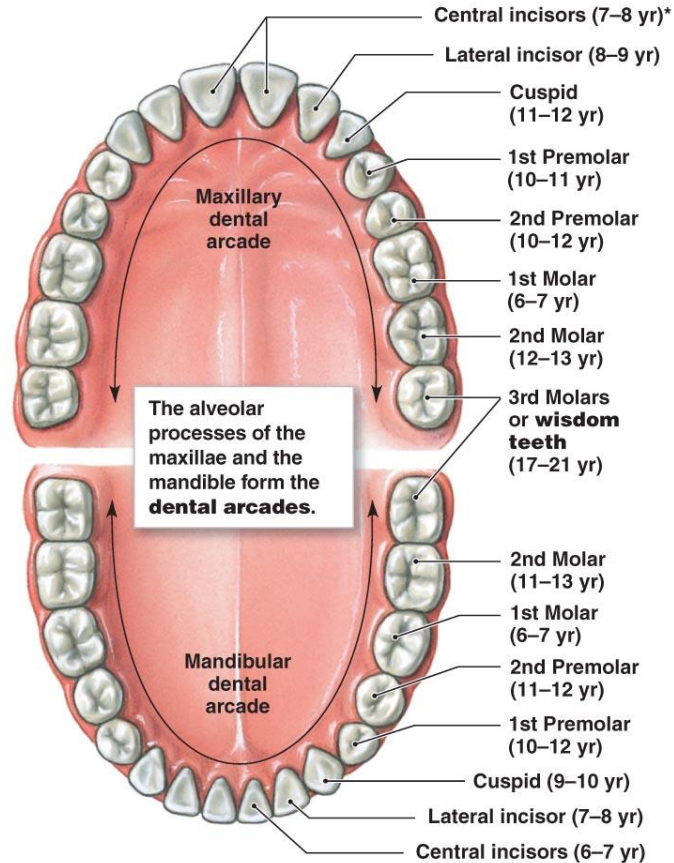


Adult teeth

- **When adult teeth are coming through**
Your child might find chewing is more difficult when teeth are loose or missing, but your child still needs to eat healthy foods.
- It's important to keep up your child's teeth-brushing routine, taking extra care around the loose teeth or sensitive areas. But let loose teeth fall out on their own. If you try to pull out a tooth before it's ready to fall out, it can injure the gums and nearby teeth, and also cause pain and infection.
- Sometimes an adult tooth will come through before the baby tooth has fallen out. If the baby tooth hasn't fallen out within 2-3 months, see your dentist.

Top Tips baby/ adult teeth

The secondary dentition, or adult teeth



Adult teeth, upper and lower jaws

*Time indicates age at eruption

Top Tips: Visit the dentist

The dentist can help prevent decay and identify any oral health problems at an early stage

NHS dental care for children is free.

Go to the dentist for regular check ups

When you visits the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.



To find your local dentist go to [www. NHS dentist](http://www.NHSdentist) and put in your post code a list of local dentists will come up

Top Tips: Fluoride Varnishing

All Children from three years will benefit from fluoride varnishing.

Fluoride varnishing strengthens tooth enamel and helps prevent tooth decay

Fluoride varnish is a thin coating of fluoride that is applied to the tooth surface



Fluoride varnishing application is part of NHS dental care and is free of charge

The process of applying is simple, painless and takes only a few minutes

Top Tips : what is tooth decay

Tooth decay occurs when a sticky acidic film called plaque builds up on your teeth and breaks down the surface of the tooth

Eating food and drink high in carbohydrates such as sweets and sugary foods can cause tooth decay



Use the food scanner app and read food labels so you are aware of how much sugar is in foods and drinks.

Adopt a healthy diet and cut the frequency and amount of sugary food and drinks

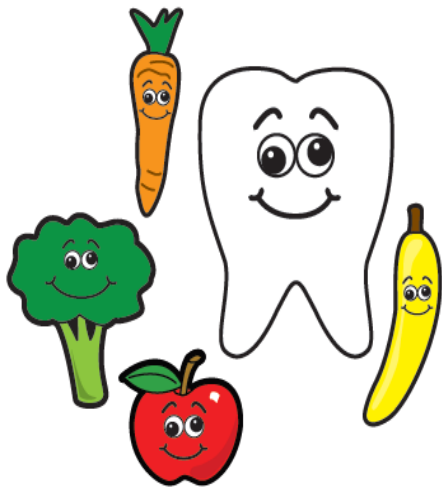


Top Tips Food and Drink

Adopt a healthy diet and cut the frequency and amount of sugary food and drinks



Top Tips : Help your child make good choices about the foods they eat



Top tips - Foods and drinks

By avoiding sugary foods and drinks or limiting these to mealtimes only we reduce the chance of damage to the teeth and helps children stay generally healthier.

Frequent intake of refined sugars and acids through foods and drinks will damage teeth and cause decay and/or erosion of the enamel.



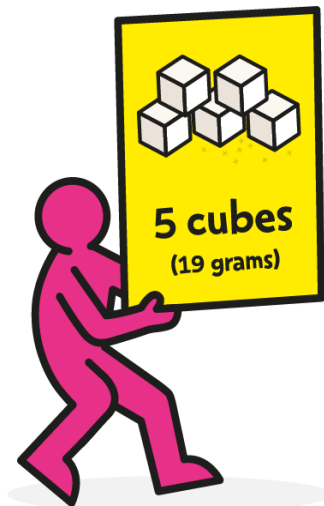
Teeth damaged by sugars and acids can become very painful and, if left, can lead to infection (abscess) which will result in the need for emergency treatment, antibiotics and possibly the removal or extraction of teeth.

Top Tips How much Sugar is too much

How much is too much?

The maximum daily amounts of added sugar are:

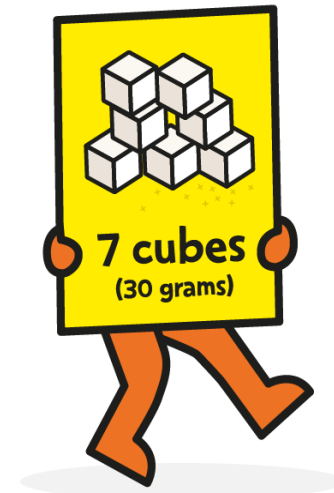
4-6 years



7-10 years



11+ years



Sugar content



Hidden Sugars



5 Teaspoons
per 150g



3 Teaspoons
per half jar



4 Teaspoons
per 25g



4 Teaspoons
per bowl



6 Teaspoons
per pack



5 Teaspoons
per can



9 Teaspoons
per can



4 Teaspoons
per bottle

Top Tips : change for life app

The Food scanner app can help parents and carers scan products to check how much sugar there is in food and drinks (salt and Fat as well!)

