



HETTON DENTAL PRACTICE

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DIET AND ORAL HYGIENE ADVICE FOR CHILDREN

- Sugar in food and drinks is the main cause of tooth decay.
 - Sugar intakes should ideally be limited to a maximum of four intakes per day.
 - The frequency of intakes has as big an impact on tooth decay as the amount of sugar consumed.
 - Try and keep sweet foods and drinks to mealtimes. Between meals, if snacks are required, keep them sugar free.
 - The safest drink for your child is plain water. Sugary drinks consumed between meals can massively increase the risk of tooth decay. Even dilute juices with “no added sugar” contain naturally occurring sugars. Fizzy drinks, as well as containing sugars, contain acids, which cause tooth erosion or thinning and wear of the tooth surface.
 - Drinks (except water) should not be taken to bed and children should be encouraged to drink from an open cup as soon as is possible.
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- Start to brush your child’s teeth as soon as their first tooth shows through the gum.
 - For children under 3 years, brush their teeth twice a day with a toothpaste containing 1000ppm fluoride, using a smear of toothpaste.
 - For children 3 years and over, brush their teeth twice a day with a toothpaste containing 1450ppm fluoride, using a pea sized amount, unless you are advised otherwise by your dentist.
 - We recommend that children’s teeth are brushed by their parent/guardian until at least the age of 6 years.
 - Regular Dental examinations are important. Please bring your child for their check up at the frequency recommended by your Dentist.