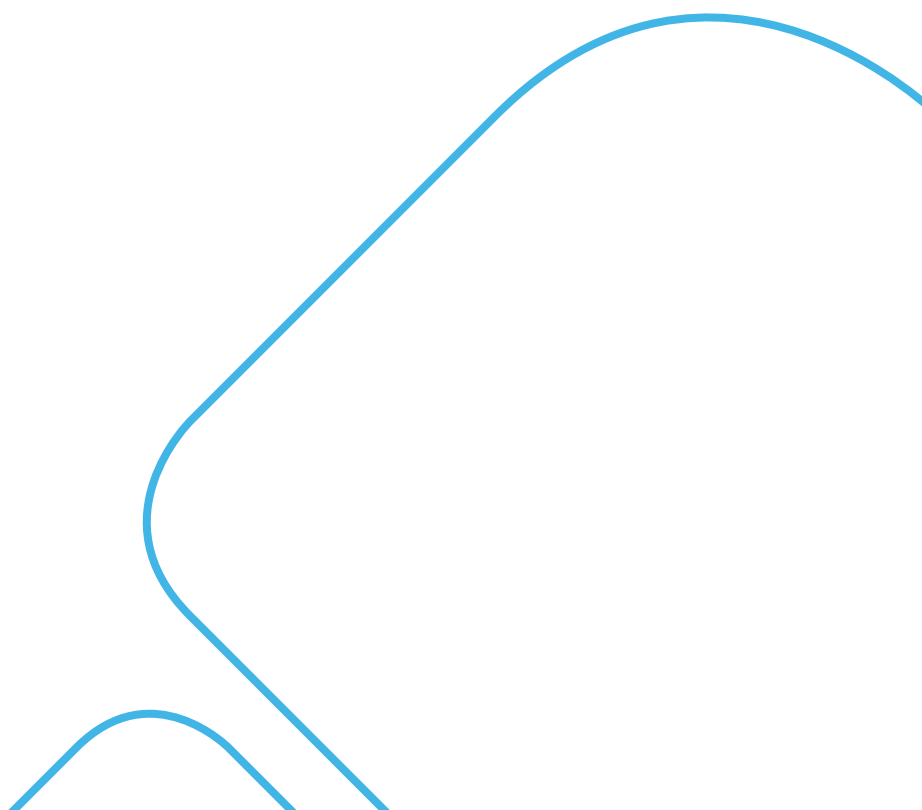


Oral Hygiene and Diet Advice for Children

Oral and Maxillofacial Surgery Department



Oral Hygiene

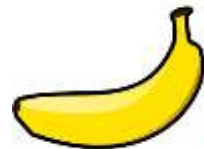
- Brush your child's teeth as soon as they come through into the mouth.
- Assist and supervise tooth brushing until your child is 7 years old or until can brush their own teeth effectively.
- Brush all tooth surfaces twice a day – once before bed and on one other occasion.
- Brush for two minutes.
- Spit out after brushing but don't rinse your mouth.
- Children 0-6 years old should use toothpaste with at least 1000ppm fluoride.
- Children 7+ years old should use toothpaste containing 1350-1500ppm fluoride.^[1,2]
- Children 0-3 years old should use a smear of toothpaste on the brush.
- Children 3-6 years old should use a pea-sized amount of toothpaste.



2 minutes

Diet

- Sugar should not be added to food or drinks given to babies and toddlers.
- Minimise the amount and frequency of sugar-containing foods and drinks.
- Avoid sugar-containing foods and drinks at bedtime when saliva flow is reduced.
- Provide only water and milk between meals.
- All food and drink containing sugars should be consumed as part of a meal and not as a between-meal snack.
- Provide healthier snacks which are low in sugar e.g. fresh fruit, vegetables, breadsticks cheese and oatcakes.^[1,2]
- Provide at least 5 portions of a variety of fruit and vegetables every day.



Further Information and Resources

1. Scottish Dental Effectiveness Programme. (2018). Prevention and Management of Dental Caries in Children.
2. Public Health England. (2021). Delivering better oral health: an evidence based toolkit for prevention.

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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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