

Important Oral Health messages for parents to know

- Tooth decay and gum disease are preventable.
- Reduce the amount and frequency of sugar and sugary drinks consumed and use sugar free medicines.
- Brush teeth twice a day with fluoride tooth paste; brush after breakfast and last thing at night.
- Bedtime brushing is important as it allows the toothpaste to work whilst your child is asleep.
- Don't rush while brushing. You need 2 minutes to clean your teeth properly.
- Fluoride information can be found on the toothpaste packet.

Please contact us on:

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- Use a smear of 1000 ppm fluoride toothpaste for children aged under three.
- Use pea-size amount of a family (1350 ppm or above) fluoride toothpaste for children aged over three.
- Encourage your children to spit out and do not and do not rinse the mouth with water as this will wash away the fluoride toothpaste that strengthens the tooth surface.
- Help and supervise your children with brushing their teeth up to the age of at least seven, or later for children with additional needs.
- For advice on any dental emergency call **111**.

