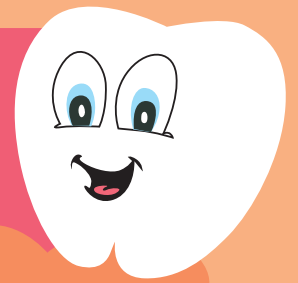


TOOTH TIPS

FOR TODDLERS AND YOUNG CHILDREN



CLEAN WELL

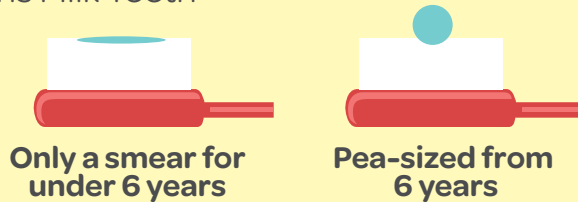
- Brush your child's teeth for them using a small, soft-headed toothbrush –supervise until 8 years old
- Brush 2x a day: morning AND last thing at night
- Brush all tooth surfaces – outside, top and inside
- Use toothpaste with at least 1000 ppm of fluoride—don't use low fluoride toothpastes like 'My First Colgate' or 'Macleans Milk Teeth'

FLUORIDE

Makes teeth stronger and fixes early stages of decay



Spit, but don't rinse



BRUSH TWICE A DAY FOR HEALTHY TEETH

EAT WELL

- Give teeth a rest by keeping snacks to 2-3 times a day
- Offer tooth friendly snacks:



It is best to avoid giving your child sugary foods or drinks, but if you do, offer them at main mealtimes with other tooth-friendly foods and not as snacks. Offer them less than once a week.

Offer water and milk



Drink tap water and plain milk everyday.



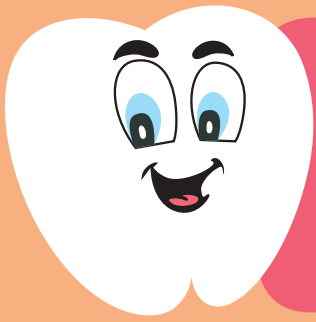
Avoid soft drinks, fruit juice, flavoured milk, cordial, milo, tea or coffee.

DRINK WELL

- Drink tap water and plain milk every day
- Do not offer your child soft drink, fruit juice, flavoured milk, cordial, milo, tea or coffee



Visit the Community Dental Service at least once a year
0800 846 983 (0800 TINY TEETH)



TOOTH TIPS

FOR TODDLERS AND YOUNG CHILDREN

LIFT THE LIP

Lift your child's lip every month to check for signs of decay

- Look out for any white or brown spots near the gums.
- Decay happens fast - if you see anything abnormal, take your child for a dental check-up straight away!
- Make an appointment by calling 0800 846 983.



Decay is preventable...

ROLE MODELLING

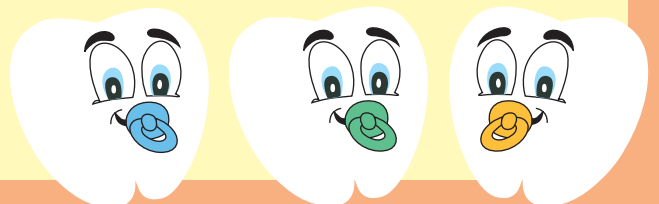
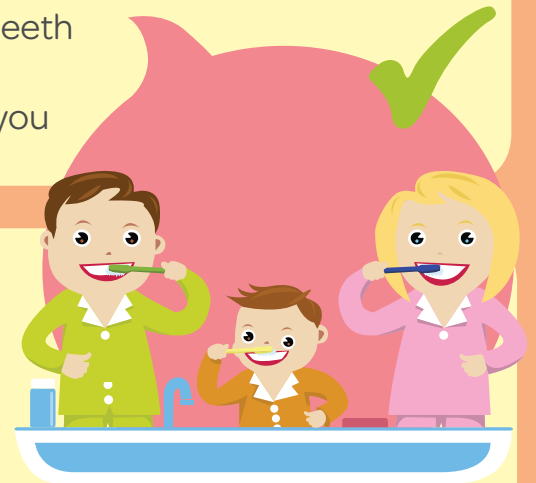
Your child will learn how to take care of their teeth by watching what you do

- Let your child watch you brush and floss your own teeth
- Choose healthy food and drink choices yourself
- Visit your dentist regularly and take your child with you

Children watch what you do

THUMB, FINGER AND DUMMY SUCKING

- This is healthy, normal behaviour
- Most children stop this habit between 2 to 4 years of age
- Dental problems may occur if this habit continues beyond age 5 when permanent teeth may be affected
- If your child has a dummy, clean it under running water NOT in your mouth
- Dummy use should be discouraged by age 2



For more information
on oral health visit
www.letstalkteeth.co.nz

Canterbury
District Health Board
Te Pori Hauora o Waitaha

Community &
Public Health
a division of
Canterbury District Health Board

HYG0056_revised 2016

Content derived from: New Zealand Dental Association. 2008. Healthy Smile, Healthy Child: Oral Health Guide for Well Child Providers. Auckland: New Zealand Dental Association.

How to Protect Your Child from Cavities

Eating habits like snacking too much, eating candy, and drinking soda and sports drinks could explain why cavities are the most common chronic disease in America. Here are ways to protect your child from cavities throughout their different stages of oral development.

Infant (4-24 months old)



Prevent plaque buildup:

regularly clean baby's gums with a damp washcloth after all feedings

First tooth appears:

2 x 2
brush teeth for two minutes, twice a day

First dental visit:


by their first birthday

Toddler (2-4 years old)



Prevent tooth decay:

use toothpaste that contains fluoride while their teeth are developing

Age Two:


encourage your child to brush by themselves

Have fun while brushing:



- play music
- get a cartoon toothbrush
- brush your teeth with them


Child (5-7 years old)



Developing independence:

your child should be able to brush & floss on their own

No more baby teeth:


take care of new permanent teeth

Oral hygiene routine:


use fluoridated toothpaste & a soft toothbrush

Dental Appointments



Regular visits should be scheduled every six months to ensure proper tooth development and maintain good oral hygiene habits as they get older.

Did You Know...

Tooth decay affects more than one-fourth of U.S. children ages 2-5, half of those ages 12-15, and more than 90% of U.S. adults over age 40.



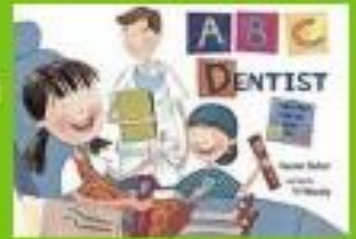
10 GREAT

READS FOR HEALTHY SMILES

Open wide...
What's Inside?
BY Alex & Helen
Rushworth



ABC Dentist:
Healthy Teeth from
A to Z
By Harriet Ziefert



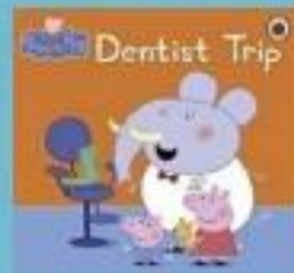
Why do I brush
my teeth?
By Angela Royston



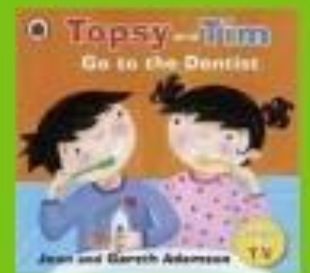
What are Germs?
By Katie Daynes



Peppa Pig:
Dentist Trip By
E1 entertainment



Topsy and Tim
go to the Dentist
By Jean Adamson



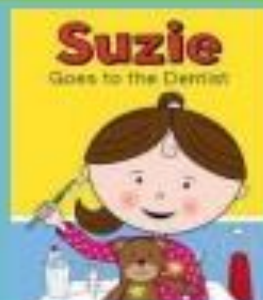
Smile Crocodile,
Smile by
Vrombaut



Bear and the
Wobbly Tooth by
Rowena Blythe



Suzie Goes to
the Dentist by
Charlotte Olson



My Wobbly Tooth
Must Not Ever
Never Fall Out
by Lauren Child





BRUSH your Teeth



love your smile



✓ Brush for 2 minutes last thing at night and one other time in the day, with a fluoride toothpaste

✓ Keep sugary foods and drinks to mealtimes only to help reduce the risk of tooth decay

✓ Water and milk are safe to drink between meals

✓ Choose snacks that are sugar free

Community
Dental
Services

Created by Sofia Terry
aged 8 in Lincolnshire,

National Smile Month
2023 competition winner

Lincolnshire
COUNTY COUNCIL
Working for a better future



12 Top tips for teeth

Brushing

1. Brush before bedtime and one other time during the day
2. Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
3. Just a smear on the brush for under 3s
4. Pea sized amount for over 3s
5. Spit – don't rinse when finished
6. Supervise under 8s when brushing
7. Children should be taken to the dentist for regular visits



If you need help finding a NHS dentist please telephone:

NHS Helpline: 111

or visit their website: www.nhs.uk

Between meal snacks

8. Avoid sugary and acidic food / drinks between meals and an hour before bedtime
9. Honey, smoothies, fruit juice and dried fruit are **not** tooth-friendly snacks
10. Milk is a tooth friendly drink during the day, water is tooth friendly at any time
11. From 6 months onwards encourage the use of open top cups - discourage bottle use after the age of one year
12. Remember to ask for sugar-free medicines whenever possible

For more information, visit www.communitydentalservices.co.uk

Produced by the Oral Health Improvement Team, Community Dental Services CIC®.

Dental Erosion and the pH of Your Favourite Drinks!

(Children)

Community
Dental
Services



Tooth enamel
dissolves
below 5.5pH



GO

Safe to drink
between meals



THINK

Keep these drinks to
meal times only and have
as an occasional treat



STOP

Avoid where
possible. If
consumed, make
sure you have these
with a meal.



Toothbrushing guide

for children aged 3+

Community
Dental
Services

I brush my teeth two times a day for two minutes. I brush my teeth once in the morning and once last thing before I go to bed at night.

This is how I should brush my teeth but my parent or guardian will help me brush my teeth until I am 7 and then continue to watch me closely to make sure I am doing a good job!



I brush all areas of my teeth, the inside near my tongue, the outside near my cheek and the tops that I use to bite with.



I put a pea sized amount of toothpaste on the bristles of my toothbrush.



I tilt my toothbrush to make sure I brush the inside of my front teeth too!



I brush my teeth in small circles tickling my teeth and gums.



When I have brushed all my teeth, I spit out the toothpaste in my mouth and do not rinse out with any water.

GOING TO THE DENTIST

Community
Dental
Services

Take a look at these YouTube videos about going to the dentist!

- [BBC - 3 year old's first visit to the dentist!](#)
- [Peppa pig at the dentist!](#)
- [Topsy and Tim at the Dentist!](#)
- ['The Tooth Book' by Dr Seuss \(read aloud\)!](#)

Community Dental Services
YouTube channel



[Advice for parents - how, when and why to brush at each life stage.](#)

[12 Top Tips for Children's Teeth.](#)

[Things to play if your little one dislikes brushing.](#)

Ideas for making brushing fun!

[Colgate](#)

[Playful Brushing Part 1](#)

1

[Playful Brushing Part 2](#)

2

