Locate the whole family to the dentist every six months:

- find a dentist who is good with children
- ask the dentist for advice on maintaining teeth and gums healthy.

Remember:

- keep sugary foods and drinks to mealtimes
- in-between meals choose sugar-free snacks and drinks
- make sure your children brush their teeth properly - twice a day
- family fluoride toothpaste strengthens teeth
- take your children for regular check-ups at the dentist.

Ask your dentist if your child needs extra protection against decay:

- fissure sealant - a plastic coating on the surfaces of the back teeth
- daily fluoride tablets to strengthen teeth.

Children’s teeth
tooth care for 3-11 year olds

Get your child used to visiting the dentist
Practical hints for keeping teeth healthy:
- just cutting down how often your child has sweets and sugary drinks can keep their teeth healthy. So . . .
- don't ban sweets, but keep them for straight after meals or special treats
- if grandparents or friends give sweets, save them up for a special time.

Get into the sugar-free habit:
- buy more fruit, vegetables or bread-type snacks for playtime snacks or for after school
- put sugar-free snacks and drinks on your shopping list.

Drinks are an important cause of tooth decay and can erode the teeth. So between meals try:
- water to quench thirst
- milk - fine for teeth and full of goodness.
- Both taste better chilled.

Other drinks are better given at mealtimes only:
- fizzy drinks and fruit drinks are very acidic
  Don't give even the diet varieties too often.

To prevent decay cut down how often your children have snacks and drinks containing sugar

Tasty snack and drink ideas - to keep teeth and bodies healthy:
- bread - wholesome, white, french sticks, muffins, baps, pitta bread, toast, chapattis, crumpets
- bread sticks, crackers, rice cakes, melba toast
- low fat spreads, cottage cheese, Edam, Gouda, Cheddar, cold meats, sausages, chicken drumsticks
- pieces of fruit - apples, tangerines, clementines or satsumas, bananas, pears
- summer fruits - strawberries, plums, cherries, peaches or nectarines
- vegetable pieces - celery, carrot, cucumber, pepper (try with yoghurt dip)
- savoury sandwiches, pizza pieces, home-made unsweetened popcorn, sweetcorn, baked potato pieces
- low-fat yoghurt sweetened with fruit pieces
- water or milk, milky weak tea or coffee without sugar
- Oxo or Bovril well diluted
- well diluted fresh fruit juice - best at mealtimes.

Keep gums healthy:
- small-headed brushes can reach all corners of the mouth
- brush gums as well as teeth
- gums may bleed when brushed; cure bleeding gums by brushing more thoroughly
- if bleeding persists ask your dentist for advice.

Make sure your children brush twice a day with family fluoride toothpaste.

Tips on brushing:
- help your child brush their teeth until they are seven years old
- as your child gets older still check they've brushed properly
- children only need a small pea sized blob of paste
- don't let your child eat toothpaste.

Brush twice daily with family fluoride toothpaste to strengthen teeth

Keep sugary drinks and foods to mealtimes; help protect against decay