



Information for
parents and
carers

Your child's oral health

Advice from Paediatric Dietitians

Tooth brushing

- Use family fluoride toothpaste twice a day including last thing at night. Brush for approximately 2 minutes each time
- Choose toothpaste containing at least 1000ppm fluoride, even for babies and children. Some children's toothpastes don't contain enough fluoride to protect teeth
- Avoid whitening toothpastes
- Just a smear of toothpaste is required for children under 3 years and a pea-sized amount for over 3 years of age
- After brushing your child should spit out the toothpaste and don't rinse
- Children under 7 years need help and supervision when brushing
- Always choose a small headed toothbrush. Speak to the dental team about tips for tooth brushing
- For children who cannot drink thin fluids or those with a sensitive mouth use a low foaming toothpaste e.g. OraNurse, BioXtra, Oralieve, Aquafresh Little Teeth. This can help reduce aspirating or inhaling the toothpaste and gagging
- Start brushing teeth as soon as the first tooth appears in the mouth

Cups & drinks

- Introduce a cup to babies at about 6 months of age. Aim to give all drinks in a cup by 12 months of age
- Choose a free flow cup or open cup. Avoid non spill/valve type cups as these encourage sucking instead of sipping
- Milk and water are the best drinks for teeth
- Be aware of baby drinks, juices, squashes, cordials and flavoured milk as they can be harmful to teeth because of the sugar and acid content

Snacking

- Frequent snacking on sugar containing foods and drinks can be harmful to teeth
- Try to avoid sugary snacks such as sweets, chocolate, cakes, biscuits, cereal bars, dried fruit and fruit canned in syrup. If your child has been advised to include some of these foods for additional calories, they are less damaging to teeth if eaten as part of a meal

Prescribed nutritional supplement drinks

- Frequent sipping of oral nutritional supplement drinks (ONS) can be harmful to teeth, don't allow your child to sip them throughout the day
- Encourage your child to drink water throughout the day and rinse with water after taking their ONS
- Do not allow your child to drink ONS after bedtime tooth brushing
- If using ONS then it's important to brush teeth at least twice a day using a toothpaste that contains at least 1450ppm fluoride
- Ensure your child spits out the toothpaste but does not rinse after brushing their teeth
- It's important to have regular dental checks, also let your dentist know that your child has been prescribed ONS
- Speak to your dentist about applying fluoride varnish onto teeth for added protection
- For those over 10 years old, toothpastes containing a higher amount of fluoride can be prescribed by your dentist, if this is required

Dry mouth

- A dry mouth can be uncomfortable and sore. To ease this use a dry mouth moisturising gel or spray e.g. Oralieve
- Also consider using a low foaming toothpaste e.g. OraNurse, BioXtra, Oralieve

Medicines

- Many medicines contain sugar which can damage teeth, ask your doctor or pharmacist for sugar free medicine

Dental visits

- It's important to have regular dental checks. Take your child to the dentist from an early age to get them used to going, even if they don't have any teeth. Children should be visiting the dentist by at least 1 year of age
- For advice on how to find an NHS dentist and emergency dental care ring the Lancashire Dental Help Line: 0300 1234 010.
- If required, your child can be referred into Paediatric Special Care Dentistry, speak to your Dietitian about a referral

Contact details

Should you require further advice or information please contact:

Paediatric Dietitians on **01772 522504**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Cantonese:

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

Gujarati:

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઈચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

Hungarian:

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

Polish:

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

Punjabi:

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

Urdu:

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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