

Taking Care of our Teeth

The children have received a 'Change for Life' leaflet about the sugar content in foods and information on healthy snacks. Our children also need to have a tooth brushing routine.

The following information is from 'Dental Buddy'. More detailed information can be found by following one of these links - www.dentalbuddy.org or <http://www.dentalbuddy.org/wp-content/uploads/2016/09/ALL-ABOUT-TEETH.pdf>

"Brushing your teeth

You should brush your teeth last thing at night and at least one other time during the day using a good fluoride toothpaste. The ideal fluoride level is 1000ppm (parts per million) up to the age of three years old, over 3 years old the level should be 1350-1500ppm. Change your toothbrush every 3 months or as soon as the filaments begin to splay. Do not rinse after toothbrushing as this will wash away the fluoride and stop the toothpaste from being so effective.

If you use a mouthwash this should be used at a different time to when you brush your teeth.

The Dentist

Visit your dentist regularly, as often as they recommend.

It is important that you visit your dentist regularly as they can spot any potential problems whilst they are small and easily treated.

Losing teeth is not an inevitable part of ageing, and with a good oral hygiene routine, a good diet and regular dental check-ups, there is no reason why your teeth should not last a lifetime. Dental decay is an entirely preventable disease."