

# Ealing Smiles Daily

## Top Tips for Maintaining Good Oral Health

- **First Tooth First Visit – As soon as your child's first tooth appears keep it clean and visit you dentist, so your child can get use to the environment**
- Visit your Dentist Every 6 Months (Twice a year)
- The NHS dentist is FREE for Children (until they are 18 years old)
- The Dentist will complete a Check-up for your Child and is able to apply a Fluoride Varnish which, this will be printed on the teeth using a brush, the benefits of Fluoride it helps to keep the enamel strong and helps to prevent tooth decay.
- (medical history must be confirmed)
  
- <https://www.nhs.uk/live-well/healthy-body/dental-check-ups/>
- <https://www.nhs.uk/service-search/other-services/Dentist/LocationSearch/3>



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## Top Tips for Maintaining Good Oral Health

- Use a fluoride toothpaste when you brush your teeth twice a day (the brand does not matter).
- Children aged 0-3 should be using a smear of toothpaste that contains at least 1000ppm of fluoride (a smear is a thin layer of toothpaste).



- Children over the age of 3 should be using toothpaste that contains 1450ppm of fluoride, only use a pea size amount of toothpaste, they do not have to use a special children's toothpaste, the family toothpaste is fine as long as it contains 1450ppm fluoride.
- Fluoride helps to prevent tooth decay, it strengthens the tooth enamel and can be found in toothpaste and in some mouthwashes.
- Remember: Brush, spit and do not rinse the mouth.
- It is best not to wash away the tooth paste, this will give the fluoride time to work on the enamel.
- <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>
- <https://www.nhs.uk/conditions/fluoride/>



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Brushing with fluoride toothpaste twice is nice, morning and before bedtime.

Your child needs help with brushing until at least 8 years old

Spit out don't rinse

Be sugar smart avoid sugary foods and drinks, water is best