

Smarter Smiles Newsletter-

Oral Health EYFS



Toothbrushing advice

Children 0-3 years old

Parents/guardians should brush their children's teeth

- as soon as they erupt
- twice a day, last thing at night and one other occasion
- with a smear of fluoride toothpaste, containing at least 1000ppm fluoride.

Children 3-6 years old

Parents/guardians should brush their children's teeth

- on all tooth surfaces
- twice a day, last thing at night and one other occasion
- with a pea-sized amount of fluoride toothpaste, containing at least 1000ppm fluoride.
- Spit out the toothpaste and not rinse out with water.

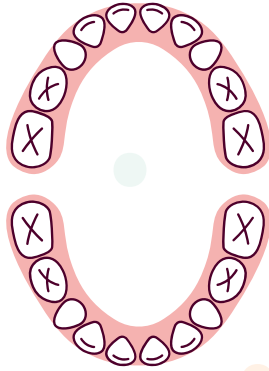
Healthy eating

- Introduce a wide variety of solid foods from around the age of 6 months
- Sugar should not be added to food or drinks given to babies and toddlers.
- Minimise amount and frequency of consumption of sugar-containing food and drinks.
- Use sugar-free versions of medicines.
- Avoid sugar-containing foods and drinks at bedtime.
- Children aged 2 to 3 should have no more than 14g of sugar.
- Children aged 4 to 6 should have no more than 19g of sugar.



Tooth eruption

- Baby teeth should start to erupt from around 6 months.
- Should have a total of 20 baby teeth and all erupted by the age of 3.
- If no teeth are present by the age of 12 months then to seek professional advice.
- Baby teeth play a major role in maintaining space for adult teeth.
- First adult molar will erupt from the age of 6.



First dental appointment



As soon as your child gets their first teeth and certainly by their first birthday, take them to the dentist so they become familiar with the experience.

The Dental check by One campaign was established by the British Society of Paediatric Dentistry.

For more information visit

<https://dentalcheckbyone.co.uk/>

Did you know?

Enamel, the outer surface of teeth, is the strongest substance in the human body!

Sadly, enamel cannot be healed like broken bones so good oral health is crucial to keep our teeth strong!

Find out more.

For more dental top tips visit the Smarter Smiles Website.

<https://smartersmiles.co.uk/>

