

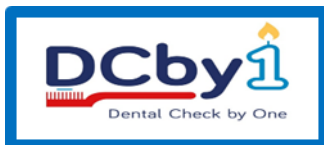
## Dental and Oral Health

**Why is it important? What you need to know to help protect your, your children's and family's teeth and oral health.**

**Why is it important?** Oral health is an essential part of our general health and wellbeing and contributes to our quality of life. Good oral health contributes to the development of a healthy child as well as school readiness. By preventing pain and discomfort which can cause difficulty in; sleeping, eating and socialising, a healthy smile will also encourage positive self-esteem which will contribute to an individual's emotional wellbeing.

Tooth decay is the most common oral health disease affecting children and young people in England and is Nationally the biggest reason for children aged 5-14 years being admitted to hospital for teeth to be extracted under general anaesthetic, with most cases being entirely preventable.

**What can you do to improve and help protect your and your family's Oral and Dental health...?**



Dental Check by 1 - Please take your child to see the dentist before their first birthday. This is a campaign launched by the British Society of Paediatric Dentistry.

**Top tips to a healthy smile...**

*Top Tip #1: Swap sugary foods and drinks for lower sugar or sugar free alternatives.*

*Top Tip #2: Brush twice a day for two minutes using fluoride toothpaste, last thing at night and at one other time during the day.*

*Top Tip #3: Visit the dentist regularly (visit [www.nhs.uk](http://www.nhs.uk) or call 111 to find one near you).*



### How much toothpaste....

Children aged 0 to 3 should use a smear of toothpaste



### How much fluoride....

**Children aged 0 to 3** should use a toothpaste containing no less than 1000ppm of fluoride.

Children aged 3 to 6 should use a pea sized amount



**Children aged 3 to 6** should use a toothpaste containing more than 1000ppm of fluoride.

Adults should also use a pea sized amount of toothpaste



**Children aged 6 and over and adults** should use a fluoride paste containing 1350-1500ppm of fluoride.

### Other tips to remember:

- The whole family can use the same fluoride toothpaste containing 1350-1500ppm of fluoride.
- Brush all surfaces of your teeth.
- Spit out any excess toothpaste – there is no need to rinse with water or mouthwash. We want to keep some of the fluoride from the paste on your teeth as this will help to make them stronger.
- Brush your baby's teeth as soon as they appear.
- A child will need help to clean their teeth until they are at least 7 years old.
- Be a good role model—show your child that you brush your teeth.
- Do not let your child go to bed with juice or milk as this can lead to tooth decay – choose water.
- Choose snacks and drinks which are kinder to teeth such as: cheese, crackers/breadsticks, fresh fruit/vegetables, water, milk.

**If you would like to know more; Slough Healthy Smiles are delivering free online sessions offering advice and tips on caring for your family's oral health.**

**To book a place, please email: [Oral.Health@oxfordhealth.nhs.uk](mailto:Oral.Health@oxfordhealth.nhs.uk)**

Spaces are limited so early booking is recommended. *Please note training is delivered via Microsoft teams; by participating you agree that your email will be displayed during the training session.*

For other health services and health information i.e. on stop smoking, keeping active:

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

<https://www.publichealthslough.co.uk/>