

Tooth Brushing Tips For Children



An adult should **assist a child to brush** because until the age of seven, children do not have the manual dexterity to effectively remove plaque.

Children should be encouraged to do some of the **brushing themselves**, so they are able to develop tooth brushing skills.

Getting into brushing and flossing habits early will help keep those teeth and gums healthy!

Role of sugars in dental decay



Sugars can be harmful to teeth if they are consumed frequently throughout the day. **Dental decay depends on how frequently sugars are consumed during the day** rather than the amount of sugar eaten. It is better to limit sugar intake to meal-times and there should be no more than **four** separate exposures in 24hrs.

Sugars that are more likely to cause decay include:

- Sucrose (table sugar)
- Sugars added to manufactured foods, fruit juice and honey



Some examples of foods containing harmful sugars include **dried fruit, sweet biscuits, jams, cakes, doughnuts, high energy bars, lollies and ice cream**. These types of sugars shouldn't be eaten often during the day; it is best that they are only consumed occasionally. Sweet and acidic drinks such as **fruit juices** and **fizzy drinks** can also be harmful to teeth. Young children should be encouraged to **drink water and milk**.

Free dental check-ups for children at Bond Dental.

We offer complimentary routine appointments for children, and families are welcome to get in touch to book a visit.



BOND DENTAL
LONDON

Kids

The recommended tooth brushing method is to **gently move the brush in small circles** over the tooth and gums.

It is important that the toothpaste used contains **fluoride** (recommended 1400-1500ppm), it helps prevent cavities.

No more than a **pea sized amount of toothpaste** (ages 3yrs and up) should be used, parents should encourage children to spit out surplus paste and avoid rinsing from a cup.



Sugars also differ in their ability to cause dental decay.

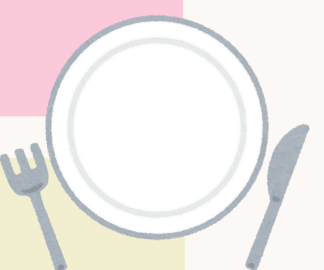
Sugars that are less likely to cause dental decay include:

Sugars found in **unflavoured milk and milk products**.

Whole fruit and vegetables (it is best not to eat sticky dried fruit frequently as a snack).

Snacks for children

Nutritious snacks between meals are important for children, some examples of nutritious snacks include **fresh fruit and vegetables**, dairy foods such as cubes of **cheese** and **yogurt, breads, pita bread, rice cakes and crumpets**.



It is best to limit the number of times sugar is ingested during the day and **restrict sugary foods and drinks to meal-times**.