

TOOTH FRIENDLY FOOD AND DRINKS

- Keep food and drink containing sugars to mealtimes only
- Plain milk and water are the safest drinks for teeth
- Avoid anything other than plain water in the hour before bed and during the night.

CUTTING DOWN ON SUGAR

- Avoid sugar-sweetened drinks
- Be aware of foods that may contain surprisingly high sugar content, e.g. dried fruit, smoothies, cereals & stir-in sauces
- Bring your own tooth-kind snacks when out and about to avoid the temptation of sugary snacks from the shop
- Opt for sugar-free medicine when available.

The toothbrushing that takes place at nursery is to enhance the brushing practice that takes place at home.

It is not to be seen as a replacement for this.

For further information or advice, please contact the Public Health Directorate on (01624) 642639 or visit www.gov.im/toothbrushing

Nursery info:

www.gov.im/toothbrushing

Parent info:

www.gov.im/oralhealth

The information in this leaflet can be provided in large format or in audio format on request

Cabinet Office

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Parent Toothbrushing Guide



HEALTH IMPROVEMENT

Public Health Directorate



TOOTHPASTE AND FLUORIDE

Fluoride is a mineral that helps to prevent tooth decay, and brushing your teeth thoroughly with fluoride toothpaste is one of the most effective ways of preventing tooth decay.

Children (and adults) on the Isle of Man are recommended to use family fluoride toothpaste (1,350-1,500 parts per million fluoride - ppmF) for maximum cavity control as Manx water contains very low levels of natural fluoride, and drinking water is not artificially fluoridated.



Toothbrushing should occur twice a day as a minimum - last thing at night before bed and at least one other time each day.

CHILDREN UNDER 3 YEARS

- Should brush at least twice a day with a smear of 1,350-1,500ppmF toothpaste on a dry toothbrush
- Parents/carers should brush or supervise toothbrushing.

CHILDREN BETWEEN 3 AND 6 YEARS

- Should brush at least twice a day with a pea sized amount of 1,350-1,500ppmF toothpaste on a dry toothbrush
- Parents/carers should brush or supervise toothbrushing.

CHILDREN OVER 7 YEARS AND ADULTS

- Should brush at least twice a day with a pea sized amount of 1,350-1,500ppmF toothpaste on a dry toothbrush.

TOOTHBRUSHES

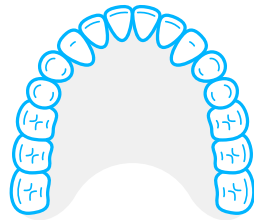
Children should use a toothbrush with a small-head size and medium-texture bristles.

Toothbrushes should be replaced when the bristles splay and no longer stand up straight, or after three months - whichever comes first.

HOW TO BRUSH TEETH CORRECTLY

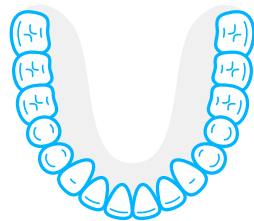
Thorough toothbrushing should take approximately two minutes.

Following this pattern will help you brush your teeth thoroughly for two minutes:



TOP TEETH

- 20 seconds inner surfaces
- 20 seconds biting surfaces
- 20 seconds outer surfaces



BOTTOM TEETH

- 20 seconds inner surfaces
- 20 seconds biting surfaces
- 20 seconds outer surfaces

TOP TIP

The toothbrush should be felt on the gums when brushing!

VISITING THE DENTIST

Don't forget to take your child to visit the dentist to keep their teeth healthy!

WHAT AGE SHOULD A CHILD FIRST VISIT THE DENTIST?

You should take your child to the dentist around the time their first tooth appears. It is useful to bring your child along to your dental appointments too, to get them used to the dentist environment.

WHAT AGE SHOULD I START BRUSHING MY CHILD'S TEETH?

You can start brushing a baby's teeth as soon as they start to come through. Use a baby toothbrush with a tiny smear of fluoride toothpaste.

TOOTHBRUSHING CHECKLIST

- Apply correct amount of toothpaste to DRY toothbrush
- Brush teeth for TWO minutes
- Spit out toothpaste and DO NOT rinse
- Brush at least TWICE a day.

DID YOU KNOW?
It is just as important to brush and look after baby teeth as it is permanent teeth!

