

## Safer snacks for teeth

Try to avoid giving sweet snacks. Keep sweet things to mealtimes as part of a balanced diet.

**Sweets, cakes, chocolates and biscuits** contain sugar.

**Fresh fruit and vegetables are safe snacks when given whole. Smoothies and fruit juices are full of sugar.**

### Other safe snacks could include:

Toast  
Cheese  
Bread sticks  
Crackers  
Vegetable sticks and hummus  
Grapes  
Bananas  
Rice cakes (plain)  
Savoury spread on toast (e.g. Marmite)

## BE AWARE

**NO ADDED SUGAR**

Doesn't mean sugar-free

### Remember

Visit your dentist regularly. They will tell you when you should call for your next check-up.

This advice is based on the Department of Health document:  
Delivering better oral health: an evidence-based toolkit for prevention. 3rd edition June 2014

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## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below:

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10 Station Approach  
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contact@bromleyhealthcare-cic.nhs.uk  
www.bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd  
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# Top tips for children's teeth

A guide to  
improving your  
child's dental  
health



## Keep them clean

Everyone should brush their teeth twice a day. Last thing at night (with nothing but water to drink afterwards) and at another time in the morning.

You should supervise your child's tooth-brushing until they are at least 7 years old.

Use a soft-bristled toothbrush suitable for their age

## Fluoride toothpaste

For maximum tooth-decay prevention, it is recommended to use a family toothpaste with at least 1,000ppm fluoride in. (This can be found on the tube's ingredients.)

Children aged 0-3 years are to only use a **tiny** smear (see picture below)



Children 3 years+ can have a **pea-sized** amount (see picture below)



## Important

Keep toothpaste out of children's reach.  
Do not let a child eat toothpaste.  
An adult should measure out the toothpaste.

## Tooth-brushing

If you are brushing for a young child, position them facing away from you.

## Make it fun!



Brush all surfaces of the top and bottom teeth, this should take two minutes.

**Encourage your child to spit out the toothpaste foam and not rinse afterwards.**

## Food and drink advice

**Sugary foods and drinks should be kept to mealtimes only (max 4 times per day.)**

## Drinks

Water and milk are the safest drinks for teeth.

**Don't** put sweetened drinks into **bottles** (baby or sports bottles) as this is really bad for teeth. This includes not putting honey, fructose, sugar or milkshake powder/syrup into milk. Sugar free fizzy drinks and citrus fruit juices are very acidic and can lead to tooth erosion.

## Foods

**Try to eat a healthy balanced diet.**

Look out for **hidden sugars** in foods. Check the label. Find carbohydrates (of which sugars) and then check the amount.

**5g is equal to 1 teaspoon of sugar.**

Nutrition Information		
Typical Values	Per 100g	Per Serving (250g)
Energy	446kj (105kcal)	892kj (262.5kcal)
Fat	0.9g	22.5g
of which saturates	0.5g	1.5g
Carbohydrate	22.7g	56.75g
<b>of which sugars</b>	<b>4g</b>	<b>10g</b>
Fibre	1.2g	3g
Protein	3.2g	8g
Salt	0.61g	1.525g

Watch out for honey, fresh fruit juices and dried fruit, they are full of sugar. Eat only as part of a meal.