



# ORAL HEALTH

**Tooth decay** is caused by the frequent consumption of foods and drinks containing sugar.

When sugary foods/drinks are taken, sugars from the diet pass into the plaque within seconds. The bacteria in the plaque use sugars as their source of energy and rapidly produce acid, which attacks the teeth and is referred to as an 'acid attack'

## **Children should never be rewarded with food or sweets.**

Reward with an activity e.g., face painting, crayons, walk in the park, visit to playground.

## **Oral health includes each of the following:**

Teeth	Gums
Tongue	Cheeks
Lips	Palate
Saliva	

## **Your teeth are important for:**

- Eating
- Appearance
- Speaking

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## **Prevention of Tooth Decay:**

Choose healthy snacks

Water and milk are best drinks

Replace sugary food/drink with sugar –free where possible.

Fruit juices should be unsweetened well diluted and given in a free-flow or open lidded cup, ideally at mealtime

Request sugar-free medicine

## **Toothbrushes :**

- choose a toothbrush with a small head and soft bristles.
- Replace the toothbrush when the bristles begin to bend.
- Do not share toothbrushes

## **Brushing tips for 0-7 year olds:**

**Children under** 7 years of age need help to brush their teeth as they have not got the manual dexterity to clean the teeth properly. It is also important to allow the child to brush teeth themselves either before or after you help them so as to develop their skills

**Brush teeth** twice a day especially at night. Make tooth brushing part of the daily hygiene routine.

Make it fun! Brush to a rhyme or tune

**Use a soft toothbrush with small head**

**Spit out after brushing – do not rinse**

