

Q How can I prevent tooth decay in my child?

The main cause of tooth decay is not the amount of sugar and acid in the diet, but how often it is eaten or drunk. The more often your child has sugary or acidic foods or drinks, the more likely they are to have decay. It is therefore important to keep sugary and acidic foods to mealtimes only. If you want to give your child a snack, try to stick to cheese, vegetables and fruit, but not dried fruit.

It is also worth remembering that some processed baby foods contain quite a lot of sugar. Try checking the list of ingredients: the higher up the list sugar is, the more there is in the product. Sometimes, these are shown as fructose, glucose, lactose, or sucrose.

Thorough brushing for two minutes, twice a day, particularly last thing at night, will help to prevent tooth decay.

Q What if my child is very nervous about going to the dentist?

Children can sense fear in their parents, so it is important not to let your child feel that a visit to the dentist is something to be worried about. Try to be supportive if your child needs to have any dental treatment. If you have any fears of your own about going to the dentist, don't discuss them in front of your child.

Regular visits to the dentist are essential in helping your child to get used to the surroundings and what goes on there. A child can be much more anxious if it is their first visit to a dental practice. Pain and distress can happen at any time and it is important to prepare your child with regular visits.



Children's teeth

The British Dental Health Foundation is an independent, UK-based charity dedicated to promoting the benefits of good oral health to the public throughout the world.

The Foundation promotes three key messages:

- brush your teeth for two minutes twice a day with a fluoride toothpaste
- cut down on how often you have sugary foods and drinks
- visit your dentist regularly, as often as they recommend



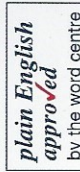
Look for our 'Approved' symbol on oral health products. You can trust these products to live up to the claims on their packaging.

The Dental Helpline is the Foundation's own confidential advice service. Qualified dental professionals are available to answer your questions personally from 9am to 5pm, Monday to Friday. Or you can send us a question by email from our website at any time.


British Dental Health Foundation
0845 063 1188
www.dentalhelpline.org.uk

It costs the Foundation £5 for every enquiry we answer. If you would like to make a donation, please send a cheque to the address below, or phone 01788 539793 to donate by credit or debit card.

British Dental Health Foundation, Smile House
2 East Union Street, Rugby CV22 6AJ, UK



When should I take my child to the dentist?

It is recommended that children should go to the dentist with their parents as soon as possible. You should then take them regularly, as often as your dentist recommends. This will let them get used to the noises, smells and surroundings and prepare them for future visits. The earlier these visits begin, the more relaxed the children will be.



Teach your children how to clean their teeth

When will my child's teeth come through?

First or 'baby' teeth have usually developed before your child is born and will start to come through at around 6 months. All 20 baby teeth should be through by the age of two-and-a-half (for more information, see our Tell me about Dental Care for Mother and Baby leaflet.)

The first permanent "adult" molars (back teeth) will appear at about 6 years of age, behind the baby teeth and before the first teeth start to fall out at about 6 to 7. The adult teeth will then replace the baby teeth. It is usually the front teeth that are lost first, followed by the upper front teeth shortly after. All adult teeth should be in place by the age of 13, except the wisdom teeth. These may erupt any time between 18 and 25 years of age.

All children are different and develop at different rates. The diagram to the right gives an idea of where the adult teeth come through.

How should I clean my child's teeth?

Cleaning your child's teeth should be part of their daily hygiene routine.

- You may find it easier to stand or sit behind your child, cradling their chin in your hand so you can reach their top and bottom teeth more easily.
- When the first teeth start to come through, try using a children's toothbrush with a small smear of toothpaste.
- It is important to supervise your child's brushing until they are at least seven.
- Once all the teeth have come through, use a small-headed soft toothbrush in small circular movements and try to concentrate on one section at a time.
- Don't forget to brush gently behind the teeth and onto the gums.
- If possible make tooth brushing a routine — preferably in the morning, and last thing before your child goes to bed.
- Remember to encourage your child, as praise will often get results!

Should I use fluoride toothpaste?

Fluoride comes from a number of different sources including toothpaste, specific fluoride applications and perhaps the drinking water in your area. These can all help to prevent tooth decay. If you are unsure about using fluoride toothpaste ask your dentist, health visitor or health authority. All children up to three years old, should use a toothpaste with a fluoride level of at least 1000ppm (parts per million). After three years old, they should use a toothpaste that contains 1350ppm - 1500ppm. You can check the level of fluoride on the packaging of the toothpaste. Children should be supervised up to the age of 7, and you should make sure that they spit out the toothpaste and don't swallow any if possible.

What sort of brush should I use?

There are many different types of children's toothbrushes available, including brightly coloured brushes, some of which change colour; those with favourite characters on the handles, and some with timers. These all encourage children to brush their teeth. The most important point is to use a small-headed toothbrush with soft, nylon bristles, suitable for the age of your child.

What could cause my child to have toothache?

Toothache is painful and upsetting, especially in children, and the main cause is still tooth decay. This is due to too much sugar and acid, too often, in the diet.

Teething is another problem which starts at around 6 months and can continue as all the adult teeth start to come through. If your child needs pain relief, make sure you choose a sugar-free medicine and also remember to check with the doctor or pharmacist that you are being prescribed sugar-free medicines at all times. If the pain continues then contact your dentist for an appointment.

The permanent teeth

- 1 Central Incisor
- 2 Lateral Incisor
- 3 Canine
- 4 1st Premolar
- 5 2nd Premolar
- 6 1st Molar
- 7 2nd Molar
- 8 3rd Molar (Wisdom Teeth)

