

Improving Oral Health for Children

Parent workshop



Who are we and what do we do?

- KCHT Dental Outreach Team – INEL and ONEL
- Oral health education
- Fluoride varnish programmes in schools/nursery and Supervised tooth brushing SEN (schools)
- Brushing for life



‘Bottle caries’



Dental Caries (tooth decay)



Importance for children



Most common reason
for 5-9yr old children
to be hospitalised



Nearly one quarter of 5 year
olds have tooth decay

This can affect the child's
developing adult dentition

Importance for children

A healthy functioning primary dentition is key to aid a child's:

- Nutrition
- Speech and language development
- Early socialisation



How can you help improve children's oral health?

3 key messages:

- Tooth brushing
- Diet advice
- Regular dental visits (Prevention Key!)



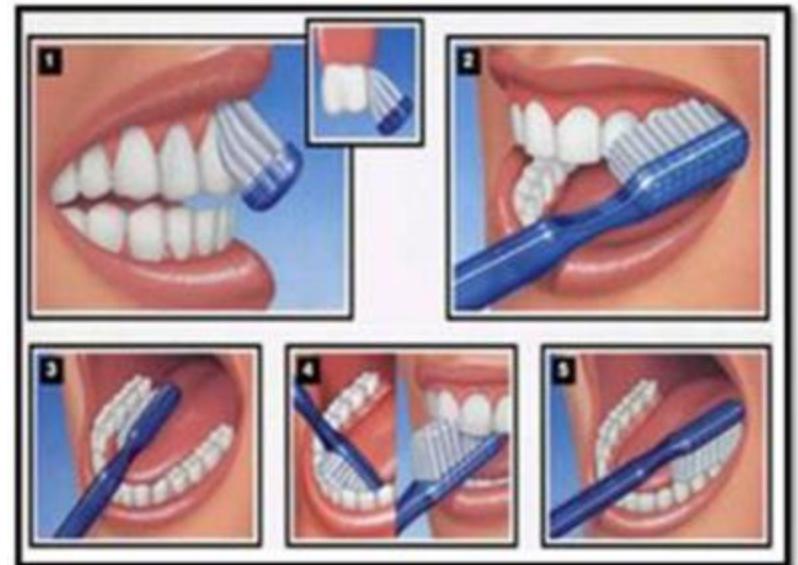
Child tooth brushing



3yrs+
Pea size amount
1,450 ppmF

Spit not rinse

- Brushing starts as soon as teeth appear
- Brush twice a day with a small head and medium bristles - in the morning & at night
- Supervise until at least age 7
- Clean teeth and gums
- Spit don't rinse



Toothpaste - Spit don't rinse



0-3yrs
Smear or rice size amount
At least 1000 ppmF



3yrs+
Pea size amount
1,450 ppmF

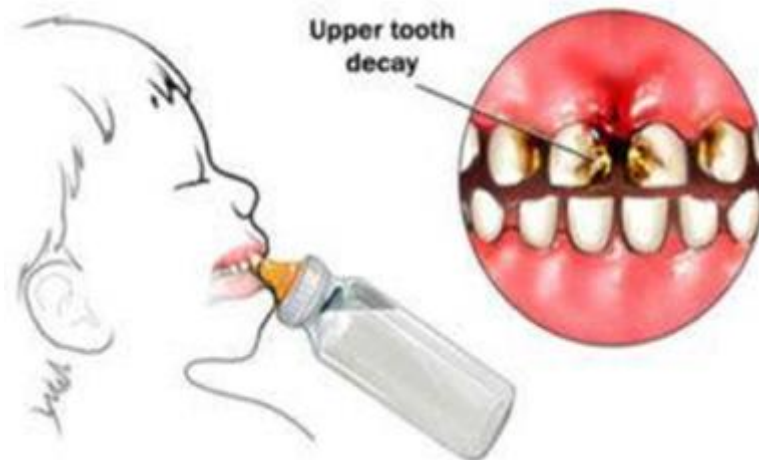
Weaning

- Breastfeeding is best for babies
- From six months introduce babies to a free flowing cup
- 'Ban the bottle' Discourage bottle feeding from one year and NEVER send to bed with a bottle
- Do not add sugar to weaning food or drinks
- Never send to bed with a bottle



Early Childhood (Bottle) Caries

- Introduce free flow cups from 6 months
- 'Bin the bottle' by 1st birthday
- Breast feeding to 12 months is associated with reduced tooth decay (gov.uk)
- Jaw development, speech
- Never allow the child to go to bed with a bottle
- Never dip dummies in sugar/honey or parent lick to clean
- Water only to be given once the teeth have been brushed at night





35g = 8 tsp



22g = 5.5 tsp



19.4g=5tsp



Regular Dental Visits



Kent Community Health

NHS Foundation Trust

- NHS Dental visits are free for children until age 18:
<https://www.nhs.uk/service-search/find-a-dentist>
- **Urgent out of hours:
Call 111**
- Dental check ups regularly once first tooth erupts
- Ask your dentist about fluoride varnish
- Add to Nursery registration form: Is your child registered with a dentist?



Thanks for listening



*Type this address into
your browser or scan
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