

More Diet Tips

- ◆ Dried fruit, e.g. raisins, are NOT safe snacks.
- ◆ Sugar free medicines should be requested / prescribed.
- ◆ Read labels on foods and drinks to raise your awareness of sugars in them. They often say 'ose' at the end. E.g. Sucrose, Glucose.
- ◆ Sugar- free or no added sugar products still contain natural sugars, or syrups and should be kept to mealtimes only.

Remember, regular visits to the dentist every 4-6 months or as recommended, a healthy diet and good toothbrushing will keep your teeth in tip top condition!



Children's Dental Service



Children's Dental Service

Level 1

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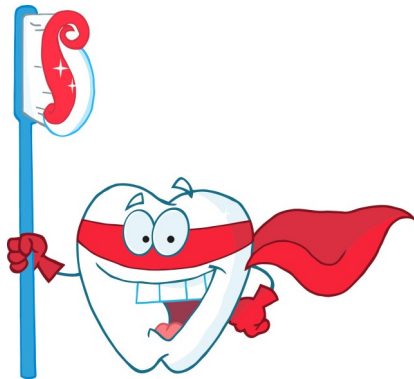
States of Guernsey
Children and Family
Community Services

Healthy And Happy Teeth



Toothbrushing Tips

- ◆ Brush twice a day, last thing at night and in the morning for two minutes each time.
- ◆ Remember to clean the back teeth as well as the front teeth.
- ◆ Clean where the gum and teeth meet in circular motions.
- ◆ Start brushing teeth as soon as they appear in the mouth.
- ◆ Help your child brush teeth until they are at least 8 years old.



Fluoride

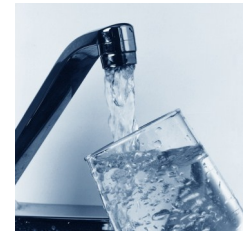
- ◆ Always use Fluoride toothpaste. Fluoride helps to strengthen teeth against decay.
- ◆ For children under 3 years old use a smear of toothpaste containing at least 1000ppm.
- ◆ For children 3-6 years old use a pea size amount of toothpaste containing 1350- 1500ppm.
- ◆ For children over 7 use toothpaste containing 1350- 1500ppm.
- ◆ After brushing spit but don't rinse the toothpaste as we want the fluoride to stay on the teeth for as long as possible.
- ◆ If required a fluoride mouthwash



can be used for children over six, at a different time to brushing. E.g. After School or at lunchtimes.

Diet

- ◆ Eating three balanced meals a day is encouraged to help prevent snacking.
- ◆ Sugary foods and drinks should be kept to mealtimes.
- ◆ Plain water and milk are the only safe drinks.
- ◆ It is best to have nothing to eat or drink the hour before bed.
- ◆ If your child is hungry between meals fill up on :



Toast with a savoury topping, savoury sandwiches, natural yogurt , low fat cheese, bananas, raw vegetables, savoury dips, Oatcakes, rice cakes and Ryvita.

