



Startwell
Oral Health Key Messages 



Smiley Shen wants us to look after our teeth.

Presenter Notes



- Startwell's Smiley Shen wants us to look after our teeth. He is used to teach children across Birmingham how to look after teeth so let's find out more.

DECAY

Baby/milk teeth are just as important as adult teeth.



We need to look after them and protect them. If milk teeth become decayed they may need to be extracted by a dentist.

Presenter Notes

DECAY

- Tooth decay is a completely preventable disease!
- Baby/milk teeth are just as important as adult teeth. We need to look after them and protect them. If milk teeth become decayed they may need to be extracted by a dentist.
- There are lots of consequences of tooth decay: Pain, poor diet (the types of food eaten may be limited due to the pain), delayed speech, disrupted sleep, impact on tooth eruption if decayed teeth have to be removed, low self-esteem and confidence which can affect children's play and ability to socialise with other children.
- There is also evidence that children with decayed teeth are at risk of not reaching their potential at school – children may need to be absent from school for treatment or pain, which affects their ability to learn, thrive and develop.



TAP WATER



Birmingham tap water is fluoridated. This helps protect our teeth. We want children to drink tap water.

Presenter Notes

TAP WATER

- Birmingham tap water is fluoridated. This helps protect our teeth.
- We want children to drink plain tap water for that extra protection. Squash or diluted fruit juice should not be added to this.
- To encourage children to drink plain water
 - let them pour their own water.
 - fill a water bottle up at the start of the day and keep with you.
 - wean children off squash by reducing the quantity of squash gradually that you add to the water.
 - let the children see other adults and children drinking water, they will copy the behaviour.



TOOTH BRUSHING



Start brushing as soon as the first tooth erupts. Make sure all surfaces of the teeth are brushed. Supervise brushing until children are 7 years old.

Presenter Notes

TOOTH BRUSHING



- Start brushing as soon as the first tooth erupts.
- Make sure all surfaces of the teeth are brushed.
- Supervise brushing until children are 7 years old.
- Children with additional needs may require support with toothbrushing beyond 7 years of age.
- Teeth need to be brushed twice a day. Just before bed and at one other time in the day.

TOOTHPASTE UNDER 3s

Children up to 3 years
need a SMEAR of
toothpaste.



Presenter Notes

TOOTHPASTE UNDER 3s

- Children up to 3 years need a *SMEAR* of toothpaste containing no less than 1,000ppm fluoride.
- To find out if your toothpaste has fluoride and in the right amount look at the back of the packet.



TOOTHPASTE 3-6 YEARS



Children aged between 3-6 years need a PEA size amount of toothpaste.

Presenter Notes

TOOTHPASTE 3-6 YEARS

- Children aged between 3–6 years need a PEA size amount of toothpaste containing more than 1,000ppm fluoride (preferably, 1350-1500ppm fluoride).
- To find out if your toothpaste has fluoride and in the right amount look at the back of the packet.
- Teach children to spit the toothpaste out and not to swallow it. Do not rinse the children's teeth with water after brushing, the residue left from the toothpaste protects their teeth.



SUGARY FOODS AND DRINKS

Sugary drinks and food damage children's teeth. We need to reduce the amount children eat and how often they eat them. Keep sugary foods and drinks for mealtimes only.



Presenter Notes

SUGARY FOODS AND DRINKS

- Sugary drinks and food damage children's teeth. We need to reduce the amount children eat and how often they eat them.
- Sugar can also be hidden in lots of food targeted at children e.g. breakfast cereals, drinks and even baby food!
- Tips to cut down on sugar:
 - Swap sugary snacks for fruit or vegetables.
 - Swap sugary breakfast cereals for plain cereals and fruit for natural sweetness.
 - Swap sugary drinks for plain water or plain milk.
 - No added sugar options should not be given as these will still encourage a sweet tooth.



SNACKS

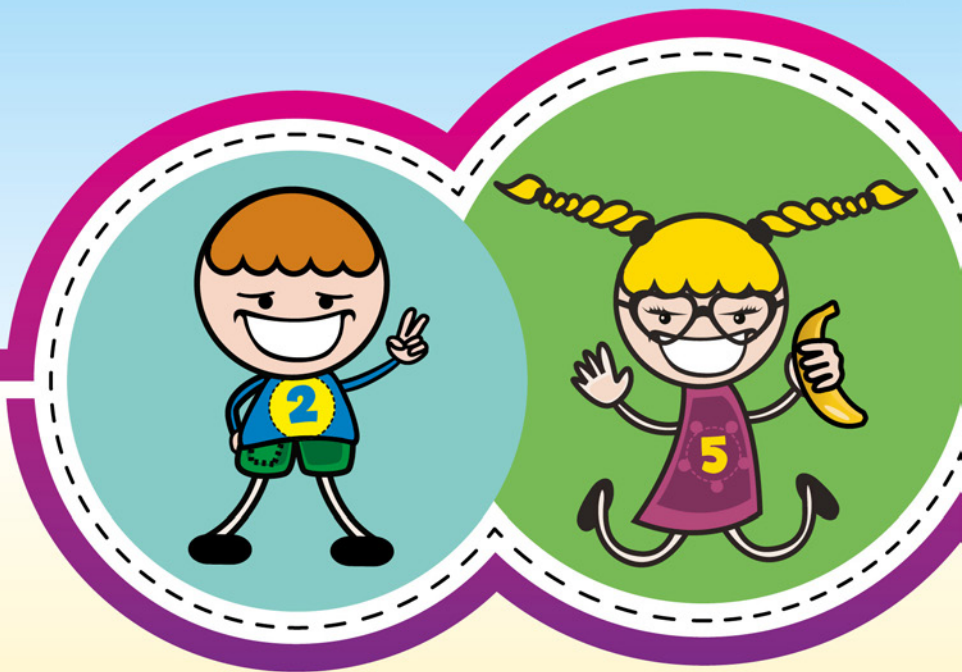
To protect teeth try and only have 2 snacks per day. For example mid-morning and mid-afternoon around 3 planned meals. Base snacks on fruit and vegetables. These contain vitamins which help keep children healthy.



Presenter Notes

SNACKS

- To teach children about healthy eating we use Fay 5 a day and 2 Snacks Max.
- To protect teeth try and only have 2 snacks per day.
For example mid-morning and mid-afternoon around 3 planned meals.
- Base snacks on fruit and vegetables, we should be aiming for 5 portions of fruits and vegetables per day. These contain vitamins which help keep children healthy. A portion of fruit or vegetables for a child is equal to a handful or 40g.
- Do not give dried fruit as a snack because these are sticky and they can stick to teeth and gums which can cause tooth decay.



BEAKERS AND CUPS



Use free flow beakers and open lidded cups. Baby bottles should be stopped at 1 year old.

Presenter Notes

BEAKERS AND CUPS

- An un-lidded cup should be introduced at 6 months old and baby bottles should be stopped at 1 year old.
- Do not use non spill beakers, they can damage teeth.
Use free flow beakers and open lidded cups.
- Avoid putting a baby to bed with a bottle as this can cause tooth decay because the natural sugars from the milk will be sitting on the child's teeth overnight.
- The only drinks that should be put in bottles, beakers and cups are plain water and plain milk. No other drinks should be given.



VISIT THE DENTIST

Children should visit the dentist regularly.



Presenter Notes

VISIT THE DENTIST

- Children should visit the dentist regularly from 6 months old.
- The dentist will be able to identify and prevent any problems early.
- Taking them when they are young and regularly will help them to become familiar with the surrounding.
- All children over 3 years should have a fluoride varnish applied to their teeth.
- If younger children are at particular risk of tooth decay the dentist may apply a fluoride varnish to their teeth.
- To find a list of NHS dentists
www.nhs.uk/service-search/find-a-dentist



Startwell

Being active, eating well, achieving more.



For more information on keeping your teeth healthy visit the Startwell website
www.startwellbirmingham.co.uk