



November 2017 Supervised Tooth Brushing



Good oral health is an important part of general health. Having strong healthy teeth means we can eat, speak and socialise without pain, discomfort or embarrassment.



What is tooth decay?



- Tooth decay is caused by plaque collecting around the gum line, and the grooved surfaces of the teeth.
- Regularly cleaning your teeth can remove plaque, but if it's allowed to build up, it can begin to break down the surface of the teeth.
- Plaque is made up of food debris, saliva and bacteria.



London had the most children needing hospital admission as an inpatient for tooth decay, with 8,362 cases.
(2015- 16)

Sugar causes decay

Sugary food and drinks can make holes in milk teeth very quickly.



How much sugar?

Can of soft drink
= 10 tsp (40 g)



'Healthy' banana berry smoothie (small)
= 15 tsp (60 g)



One serving (3/4 cup) Captain Crunch cereal
= 3 tsp (11.8 g)



Ketchup (1 Tbsp)
= almost 1 tsp (3.4 g)



Pop Tart (chocolate fudge)
= 5 tsp (20 g)



Fruit-flavoured yoghurt
= 6+ tsp (average: 26 g)



Dunkin' Donuts blueberry-crumble doughnut
= 13 tsp (52 g)



A chocolate-glazed doughnut, is just over 3 tsp (13g)

Heinz classic tomato soup
= almost 4 tsp (15 g)



Nature Valley Crunchy Granola Bar
= 3 tsp (12 g)



'Healthy' carrot cake with walnuts
= 15½ tsp (62g)



Healthy foods - happy teeth

- We need **calcium** from milk and dairy foods for strong healthy teeth and bones.
- Aim for 3 servings of dairy foods per day e.g a glass of milk, a matchbox piece of cheese and a small yoghurt.



2 minute tooth brushing

- Always get your child to brush their teeth before bed.
- Brush teeth and gums in a circular motion using a pea sized amount of adult fluoride toothpaste.
- Let your child brush their teeth, then you give them a brush too.
- Brush teeth every morning, either before breakfast or half an hour afterwards.



Join a dental practice

- Regular check ups every 6 months are recommended for all the family.



Tooth brushing in schools



Dry tooth brushing.....

- Every child has their own brush which is stored in a colour coded container.
- The brushes can not touch each other.
- The brushes and containers are washed by the supervising adult every day.
- The containers have a lid.
- The supervising adult wears gloves.
- All waste is contained in a separate bin bag.