

# ORAL HEALTH

## HOW CAN I HELP MY CHILD TO HAVE HEALTHY TEETH AND GUMS?

- Start brushing your baby's teeth as soon as they appear.
- Brush twice a day for two minutes using a smear of adult toothpaste containing 1450ppm fluoride.
- Encourage your child to spit after brushing, but not rinse.
- Offer your child healthy snacks and drinks - milk and water are best.
- Support your child to use a free flowing cup or a cup without a lid (valve cups are not recommended).
- Discard dummies for children over one year old.
- Ensure medicines are sugar free.
- Visit your dentist regularly and take your baby along, it's never too early.

## HEALTHY SNACKS

- Fresh fruit
- Vegetable sticks – cucumber, carrot, celery or pepper
- Dips – hummus, guacamole and salsa
- Toast – with a suitable spread
- Crumpet, English muffin, malt loaf or fruit loaf
- Plain or cheese scones
- Cheese cubes, cheese triangles
- Homemade unsalted, unsweetened popcorn
- Bread sticks, rice cakes, oat cakes, naan breads, pitta bread.

