

Remember

- Keep sugary foods and drinks to mealtimes only.
- Between meals, choose sugar free snacks and drinks.
- Make sure your child brushes their teeth thoroughly twice a day.
- Use a small pea-sized amount of family fluoride toothpaste.
- Everyone should have a dental check up at least once a year. Children and others at risk of dental disease may be advised by the dentist to attend more often.

Comments or suggestions on how the service can be developed are welcome. For further information please contact:

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The Directorate will endeavour to make this leaflet available in alternative formats and different languages on request.

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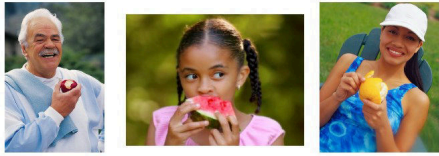


Ten Ways To Good Oral Health

1. Save sugary foods and drinks until mealtimes.



2. Eat Healthy Snacks.



5. If you do give juice, make sure it is one part juice to ten parts water.



8. Supervise their brushing until they are 6 or 7 years old.



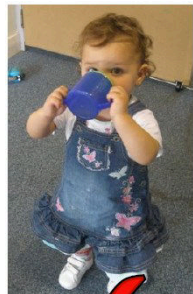
3. Never give juice in a bottle.



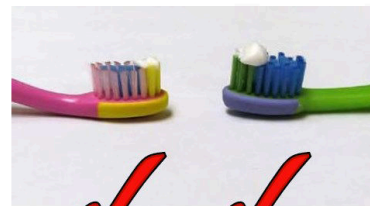
6. Brush at night time and one other time with a family fluoride toothpaste.



4. A feeder cup can be introduced at 6 months, bottles should be discouraged after 12 months.



7. Begin with a small amount of paste and change to a pea sized amount when the child can spit out.



9. Ask for sugar-free medicines.



10. Take your child to the dentist as soon as the teeth appear. Visit your dentist at least once per year.

