

## **ORAL AND DENTAL HEALTH FOR PRE-SCHOOL CHILDREN**

We will work with young children and parents to help develop good oral and dental health habits.

The key messages for pre-school children to improve dental health include:

- Toothbrushing should begin as soon as the first teeth show
- Children should brush their teeth twice a day using toothpaste containing 1,000 ppm fluoride.
- No more than a smear of fluoride toothpaste should be used for children under 2 years and a small pea-sized quantity for children 2 to 6 years.
- Children will need supervision with toothbrushing until they are 6 to 8 years old
- Register with a dentist no later than 6 months or as soon as the first tooth shows.
- Your child needs regular check-ups with a dentist.
- Sugary snacks and drinks (e.g. soft drinks, sweets, chocolate confectionery, chocolate and cream-filled biscuits, sugary pastries, sugary desserts, highly-sweetened cereals, and sugary and sugared sticky yoghurts) can be harmful to your child's health and care of teeth. If these items are to be given to your child, please only give at mealtimes. They will not be provided in nursery.
- Ensure your child takes drinks from a cup or glass, with or without a straw, and not from a bottle.
- Snacks should be nutritious and low in added sugars to prevent tooth decay.