The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. These shapes are primarily located on the left and right sides of the page, framing the central text. The overall aesthetic is clean and modern.

# An Oral Health update for parents, carers and guardians

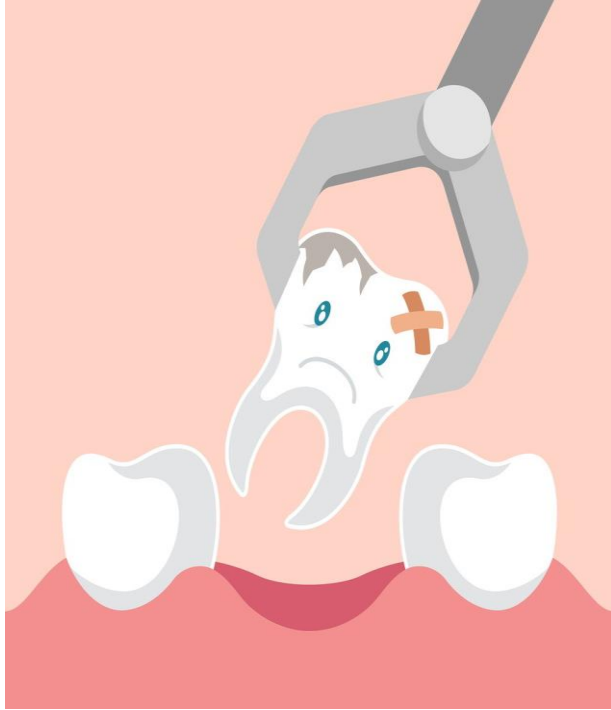
# The aim of this session

Why mouth  
care is  
important

The effects  
of sugar on  
the teeth

To identify  
mouth  
Disease

The importance  
of brushing  
teeth



- ▶ There are currently just over 150 children waiting to have teeth taken out under General Anaesthetic at Wolverhampton's Special Care Dental Service which is part of New Cross Hospital
- ▶ More children are being added to the waiting list daily and therefore increasing the amount of children waiting
- ▶ The ages of these children range from 2 years old to 13 years old, with some children having to have all their teeth removed

***Dental Decay is preventable***

# Deciduous Teeth

(also know as primary teeth or baby teeth)



**Are Important!**

# Deciduous (baby) teeth play an important role



- ▶ The roots of the baby teeth are to lead the adult teeth into their correct position into the mouth
- ▶ As the baby teeth roots dissolve, the adult teeth will grow into the freed space
- ▶ When the root of the baby teeth fully dissolve, the teeth will naturally fall out leaving the area free for the eruption of the adult teeth



- ▶ If the baby teeth are removed too early, the adult teeth will lose their guidance offered by the roots of the baby teeth, and may not erupt into its correct position in the mouth
- ▶ The other baby teeth will then start to move into the empty space and start to fill it, this will then result in the adult teeth not erupting properly
- ▶ This then results in teeth becoming crowded and crooked
- ▶ If lots of baby teeth are removed too early, it can cause significant problems in eating and speech development

# Safe snacks

Plain water

Plain milk

Cheese

Whole fresh  
fruit

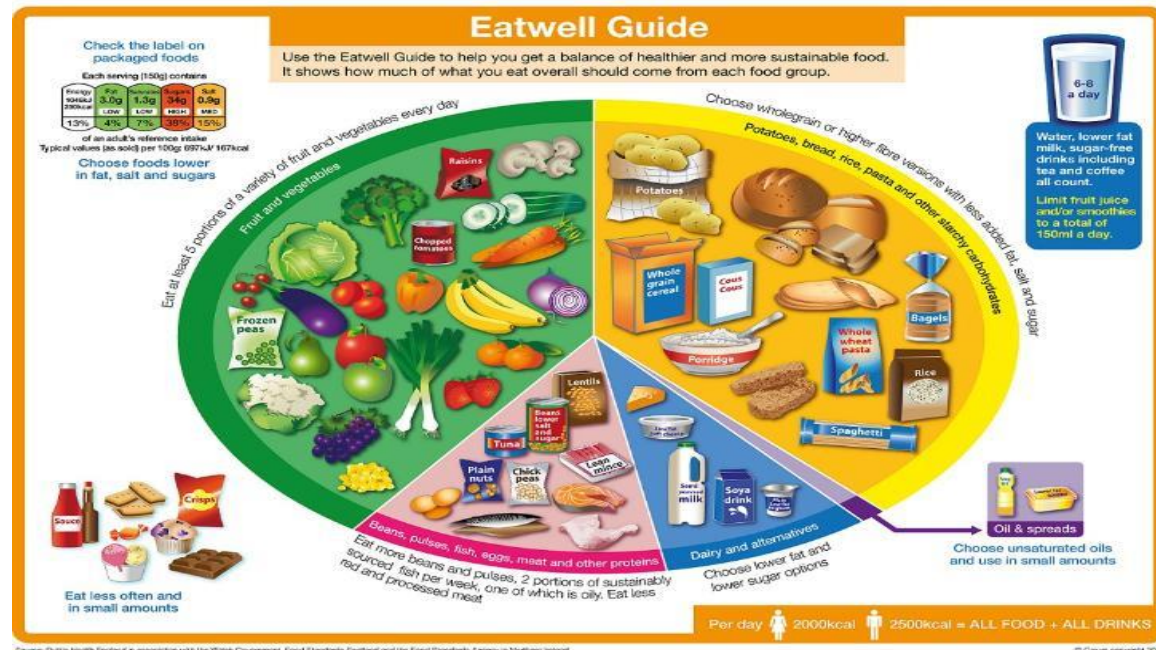
Raw vegetables

Breadsticks

Meat

Fish

- ▶ What we eat as part of our diet has a huge impact on both our teeth and the rest of our body
- ▶ It is important that the amount of sugar and how often we eat foods and drinks containing sugar known as the frequency are restricted throughout the day
- ▶ Children who are fed sweet foods and drinks at home will most likely develop a habit of consuming only those foods and drinks





# Obesity and Dental Decay



- ▶ There is a strong relationship between obesity and dental decay in children
- ▶ Obesity increases the risk of chronic disease and poor mental health
- ▶ Dental decay impacts significantly on the quality of life of young children
- ▶ Tooth decay is often the most common reason for hospital admissions in children aged five to nine years old suffering from pain with their teeth



# How do we get Dental Decay?

There are two main reasons why we can get dental decay also known as cavities or holes in our teeth

- ▶ Sugar in our diet
- ▶ Not brushing our teeth regularly





When you eat sugar

plaque + sugar -> acid

This acid can attack the teeth and cause decay

## Sugar

- ▶ Sugary foods and drinks should be restricted to mealtimes
- ▶ Water or plain milk should ideally be drunk in-between meals
- ▶ Sugar-containing foods and drinks should be avoided at bedtime as this is when sugar can do the most damage to our teeth
- ▶ Ideally, sugar should not be added to foods (E.g. cereal)
- ▶ Diet fizzy drinks contain citric acid that can cause “acid erosion”

# Dental Decay

Dental decay happens when the enamel of a tooth becomes softened by an acid attack after consuming any food or drink containing sugar

The bacteria present in dental plaque then converts the sugar to acid



Dental decay is also known as “Dental Caries”



- ▶ Repeated and prolonged acid attacks will eventually cause the tooth surface to weaken causing a hole which may then lead to pain and infection
- ▶ Children's baby teeth have a thinner and often less resilient enamel and are therefore more susceptible to dental decay
- ▶ Baby teeth can be affected by an aggressive form of decay called early childhood caries, this occurs in the front teeth and spreads rapidly to other teeth

# Bottle Caries

- ▶ Bottle caries is caused by fizzy drinks, juices, tea with sugar being placed into babies bottles
- ▶ The drink is then sipped throughout the day and often are taken to bed



# No added sugar does not mean sugar free

- ▶ No added sugar in drinks, does not mean the drink is sugar free
- ▶ Drinks often contain a lot of sugar but its stating that there isn't any more added sugar to the sugar that is already there
- ▶ By the age of 12 months old, children should be encouraged to swap a bottle for a free flowing cup



*Swap a bottle for a cup*



# Will my child's dummy harm their teeth?

We all understand the soothing benefits a dummy can have, but long term use can cause problems with your child's mouth, such as:

- ▶ A dummy can affect the structure of the mouth, baby teeth can 'grow around' the shape of the dummy
- ▶ A dummy over time will prevent your child from being able to close their teeth together as they will be left with the space the dummy has made
- ▶ Children usually grow out of their dummy by the age of 3-4 years old, if they have not done so naturally by this age then this is the time to start to withdraw it
- ▶ Never dip your child's dummy in anything sweet and give it to them, the sugar will sit on the teeth and cause dental decay





# Medication

- ▶ Many medications are high in sugar and there are often sugar-free alternatives that are not always advertised due to them costing more
- ▶ Some children need highly calorific supplements as part of their diet to help gain weight
- ▶ These are usually full of sugars and shouldn't be discouraged due to the importance of them for the child's health
- ▶ Drinking water is encouraged straight after drinking the supplements to help wash away the sugar from the teeth
- ▶ It is advisable to avoid drinking the supplements straight before bed to allow plenty of time for tooth brushing



# Tooth Brushing

- ▶ Toothbrushing is the most effective way of removing the build up of dental plaque
- ▶ Dental plaque can form within seconds of brushing our teeth
- ▶ Plaque is a sticky layer that sticks to the surfaces of teeth
- ▶ Brushing twice a day is recommended with a fluoride toothpaste
- ▶ Night time brushing is the best time, to allow us to go to bed with a clean mouth and all of the plaque being brushed off



Plaque

# Effective toothbrushing

45 degree angle, circular motion along the gum line



Use different brush strokes - up and down, side to side and round in circles to make sure that every surface of the tooth is brushed thoroughly.

# Brushing for 0–3 years old



- ▶ Start brushing your child's teeth as soon as they appear in the mouth
- ▶ Use a small headed, soft brush
- ▶ Parents/carers should be brushing the child's teeth twice a day, bed time is the best time and another time of the day
- ▶ Use a fluoride toothpaste containing no less than 1,000 ppm (parts per million)
- ▶ Only use a smear of toothpaste on the brush

Using a timer  
can be helpful  
or an app  
called  
brush DJ

## Brushing for 3–6 years old

- ▶ Use a small headed brush, brush twice a day, (bed time is the best time and another time of the day)
- ▶ Use a pea size amount of Fluoride toothpaste containing 1,000ppm – 1,500ppm (parts per million)
- ▶ Children can brush their own teeth with parents/carers supervising their child
- ▶ Encourage the child to spit out the excess toothpaste into the sink, but don't rinse out (this keeps the fluoride on the teeth)

# Brushing for 7 years and over

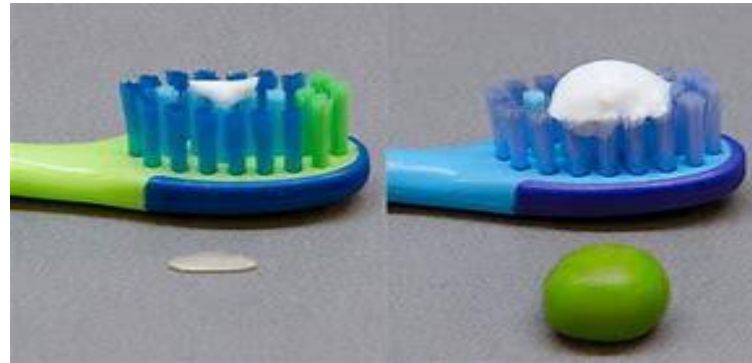
Try using  
brushing charts  
and stickers as  
a reminder to  
brush teeth

- ▶ Brush teeth twice a day, (bed time is the best time and another time of the day)
- ▶ Use a pea size amount of fluoride toothpaste containing at least 1,350ppm – 1,500ppm (parts per million)
- ▶ If using a mouthwash, this should be used at a different time to brushing (its the fluoride in the toothpaste that protects our teeth)
- ▶ Encourage the child to spit out in the sink but don't rinse out  
(this keeps the fluoride on the teeth)

# Fluoride

Children up to the age of 3 years old should only use a smear amount of toothpaste

Children aged 3 years old and above should use a pea sized amount of toothpaste



*Parents should supervise their children brushing up until 7 years*



# Fluoride varnish

Our water in Wolverhampton is fluoridated, which helps to benefit our teeth

Applying a fluoride varnish to teeth will also benefit and protect them from dental decay

Fluoride varnish should ideally be applied twice a year when a child visits the dentist, and this is something that is strongly recommended

The reduction of dental decay in baby teeth due to fluoride application is estimated to be around 37%



# Top Tips



- ▶ Brush twice a day with a fluoride toothpaste, night time is best and another time of the day – morning time for most
- ▶ Brush the gum area as well as the teeth – to remove the plaque
- ▶ Spit don't rinse after brushing to allow the fluoride to do its job
- ▶ Replace your toothbrush every 3months or sooner if the toothbrush is splayed
- ▶ Reduce snacking on sugary foods and drinks and keep them to meal times only

*Children should be supervised  
brushing till the age of 7 years old*



To find an NHS Dentist, google search  
[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)

For dental pain and emergencies call 111

If you have a dentist and regularly attend but your child hasn't yet been seen, ask your dentist if you can take your child along with you to your next visit for a check up

Thank you for  
listening

