

## CDS's Top Tips

- 🦷 Brush twice per day for two minutes, last thing before bed and at one other time in the day.
- 🦷 Use a toothpaste with the recommended amount on fluoride. Spit don't rinse!  
0-6 years - containing no less than 1000ppm  
7+ years - containing 1,350 - 1,500ppm  
ppm = parts per million
- 🦷 Use a smear of toothpaste for under three years old and a pea sized amount for anyone over the age of three years old who can spit out reliably.
- 🦷 Replace your toothbrush every 3 months or when the bristles have splayed, or following any illness.
- 🦷 Assist children with brushing until 7 years old .
- 🦷 Avoid sugary foods or drinks between meals.
- 🦷 Take your child for their first dental check up when they get their first tooth or at least before their first birthday.
- 🦷 See your dentist regularly, as often as they recommend.

## Improving Oral Health in Evermore Communities

### CDS Values

- 🌊 **D**elivering - Excellence
- 👤 **E**ngaging - Everyone
- 👐 **N**urturing - Each other
- 👍 **T**rusted - To do the right thing
- 👤 **A**ccountable - Always
- 👥 **L**eading - and Learning

### Contact us

If you would like to speak to someone about any aspect of our dental service please contact:  
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# Diet and your child's oral health



## Tooth Decay

Decay happens when sugar reacts with the bacteria in plaque (the sticky coating on your teeth). Every time you eat or drink anything sugary, your teeth are under an 'acid attack' for up to one hour. If this happens many times in a day, the tooth enamel may break down, forming a hole or 'cavity' into the dentine. Tooth decay can lead to requiring dental treatment such as fillings and or tooth removal.

## Sugar

All sugars can cause decay. Sugar can come in many forms. Usually ingredients ending in 'ose' are sugars, for example: sucrose, fructose and glucose are just three types. These sugars can all damage your teeth. Many processed foods have sugar in them, and the higher up it appears in the list of ingredients, the more sugar there is in the product. Be aware that many popular children's snacks are high in sugar content.

## Daily sugar recommendations

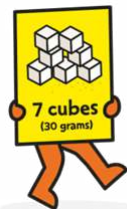
4-6 years



7-10 years



11+ years



## Tooth wear

Regular consumption of acidic foods and drinks, such as pickles, citrus fruits, squash and fizzy drinks, can cause tooth wear. The acid wears away the enamel, the soft outer layer of the tooth, exposing the dentine, this is irreversible and can make children's teeth very sensitive to hot and or cold. Avoid frequent consumption of acidic foods and drinks and keep these to meal times where possible.

## Frequency of 'acid attacks'

It is recommended we have no more than 4 'acid attacks' in one day. Aim to keep any food or drinks containing sugar to meal times only and snack on sugar free foods, and drink water or milk between your meals.

## Medications

Please consult your child's dentist to discuss current medications and their oral health.

## Tooth friendly snack ideas

- Fresh whole fruit
- Vegetables
- Plain rice cakes and bread sticks
- Natural yogurt
- Cheese
- Hummus
- Plain water
- Plain milk during the day

## Tooth unfriendly snacks / drinks

- Sweets and chocolate
- Cooked, dried or blended fruit
- Flavoured yogurts
- Chew bars / Breakfast bars
- Biscuits
- Fruit juice
- Squash
- Fizzy drinks
- Smoothies
- Flavoured water

## The 'perfect' lunch

- Between 350-400 calories in a meal
- 5-6 grams of added sugar
- 12-16 grams of fat

For tips on packing the perfect lunch, watch CDS's Video here:

<https://youtu.be/YuROfOJKvwE>



Download the food scanner app to see how much sugar is in your children's snacks and drinks! The app is fun and interactive for children too!

For tips on preparing a child for dental visits, watch CDS's video

here: <https://youtu.be/VgQKH70HR18>

