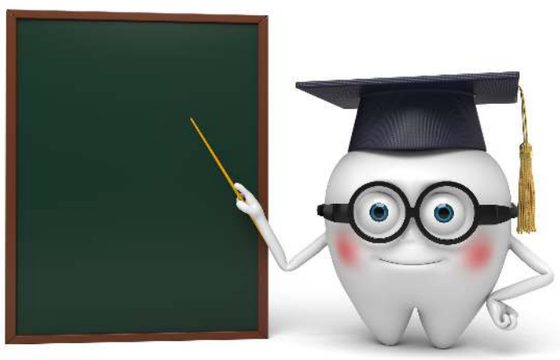


TIPS TO HELP PREPARE YOUR CHILD FOR SCHOOL

Community Dental Services

Packed Lunch

- Have lunch around the same time each day to get into a routine.
- Have lunchbox days at home to practice opening lunch and drinks bottle.
- Let them assist in packing lunch so they know what to expect to eat at lunch.
- Teach them to recognise their own belongings (coat, lunchbox, bag etc).
- A healthy lunchbox is important to provide energy and nutrients for concentration and healthy growth.

School Dinner Prep

- Try to find a menu of the food being served at school and try making the meals at home first so your child can recognise them at school.
- Practice using a knife and fork at home to help them to eat better at school.

Toothy Tips

- Brush twice a day for 2 mins, especially before bed. Do not eat or drink anything but water after brushing.
- Develop a bedtime routine that accommodates this.
- Ensure you use a toothpaste with the correct amount of fluoride:

0-3 – at least 1000ppm (parts per million)

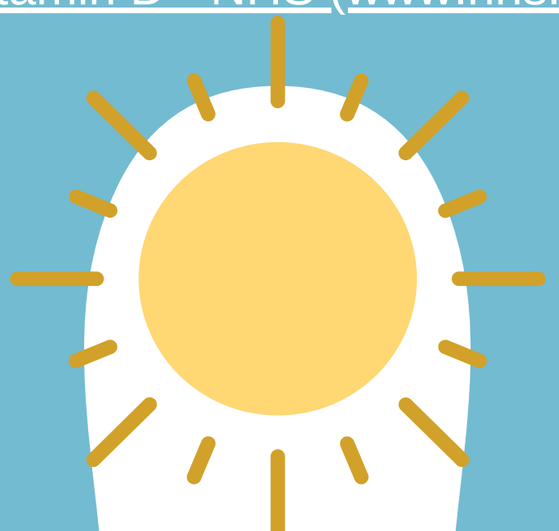
3-6 – at least 1000ppm

7 + - at least 1350ppm

- Spit, don't rinse! Do not rinse with water or mouthwash after brushing or the fluoride is washed away.
- Take your child for regular dental check-ups.

Vitamin D

- Vitamin D is important for strong bones and teeth. In children, a lack of vitamin D can lead to rickets. A daily vitamin D supplement is advised to prevent deficiency (10mcg for ages 1 year + during autumn and winter).

For more information, see:

Vitamin D - NHS (www.nhs.uk)