

# ORAL HEALTH

8 facts and advice to keep your teeth healthy!

**Teeth should be brushed for 2 minutes, twice a day. Once last thing before bed and again in the morning.**

This should be with fluoride toothpaste, to make the teeth strong!



**The main cause of tooth decay is not necessarily related to the amount of sugar or acid in the diet, but how often it is eaten or drunk.**

The more often children have sugary or acidic foods or drinks, the more likely they are to have decay. Also dried fruits have high sugar so it is best to limit those.



**Toothpaste should be at least fluoride level 1000ppm this is important for children aged up to three years.**

After three years they should be using toothpaste that contains 1350ppm to 1500ppm.



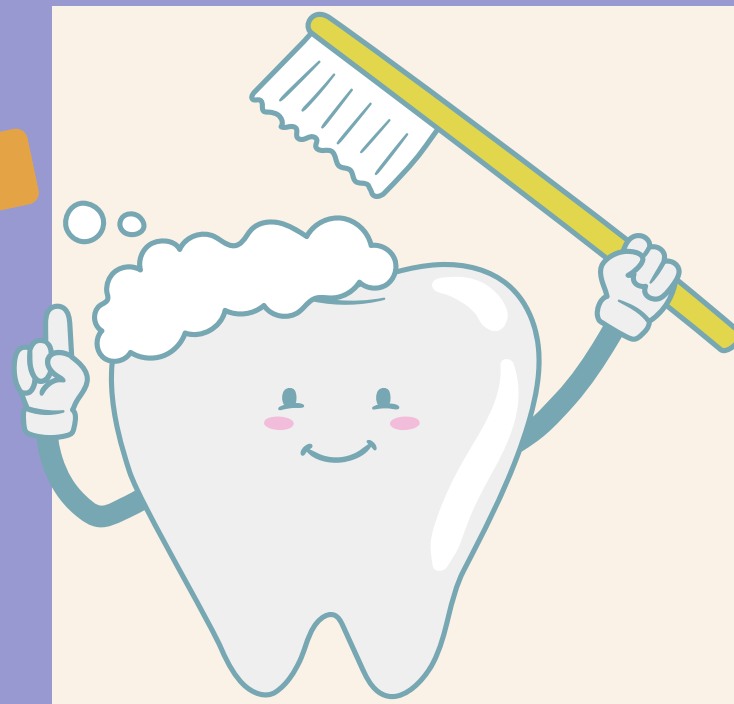
For more information visit the [Oral health foundation website](#)

**Visit the dentist regularly.**

Children should have their first dental check up by the age of one year.



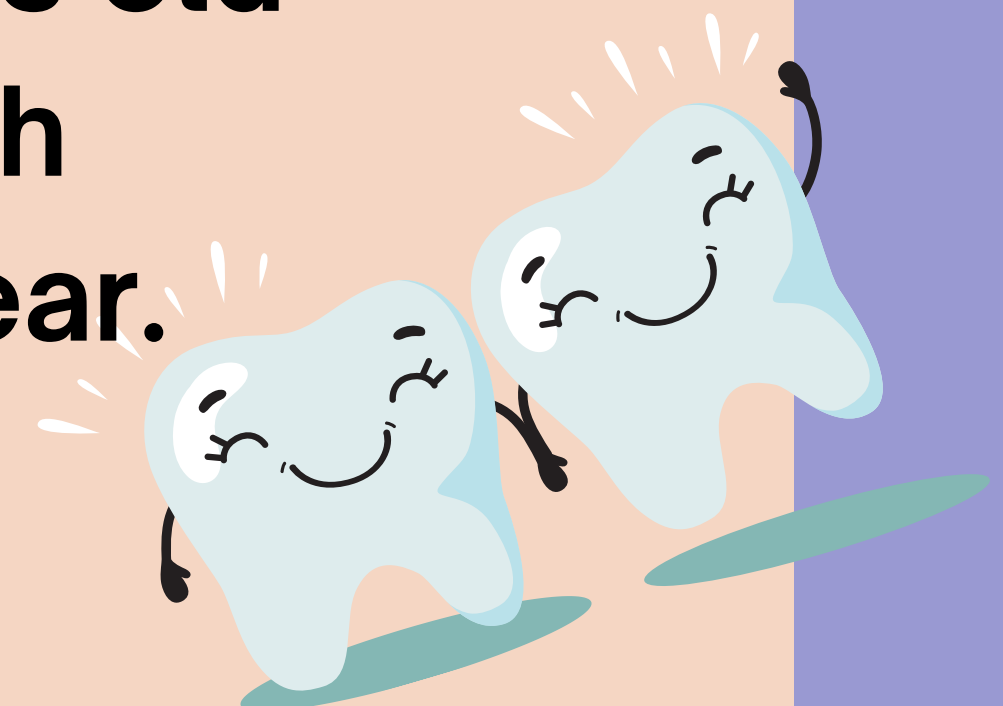
**Children should be supervised when brushing to ensure that they don't rinse or swallow the toothpaste.**



This is so the fluoride can stay in the mouth for longer so it can be more effective.

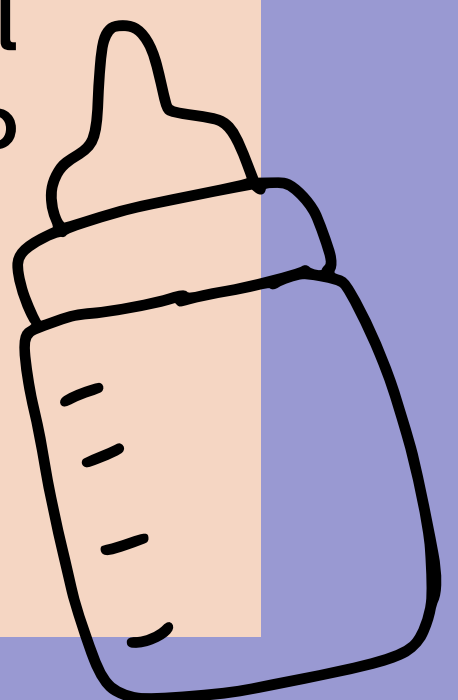
**At six months old the first teeth start to appear.**

And by the age of 30 months all 20 baby teeth may appear.



**Baby bottle decay is caused by frequent exposure to liquids that contain sugars. The sugary liquids pool around the teeth for a long duration, so when the child sleeps it can lead to cavities.**

So instead at naptime you can give a child a bottle filled with water, or a pacifier.



**The bugs in our mouth love sugar! But when they breakdown the sugar they produce acid. This acid dissolves the tooth surface which can lead to tooth decay.**

