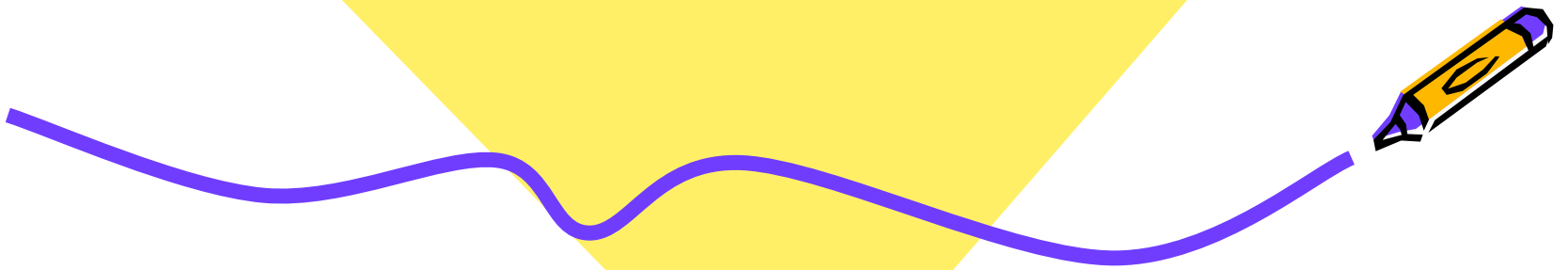




Looking After your Children's Teeth



Today's problem

Many children experience tooth decay by the time they are five years old



Treatment is often traumatic and may require multiple extractions under a general anaesthetic

Dental decay is the top cause of hospital admissions for children between 5 and 9 years old

Why is oral health important?

- Oral health affects quality of life
- Toothache and dental pain is very uncomfortable
- Oral disease can increase risk of other health issues and diseases

Poor Oral Health has been linked to...

- Diabetes
- Stroke
- Heart disease
- Lung disease
- Dementia
- Premature birth
- Low Birth Weight

Tooth decay is preventable

- Cleaning teeth

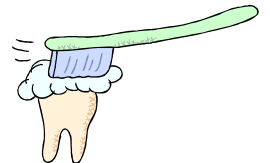


- A tooth friendly approach to food and drink

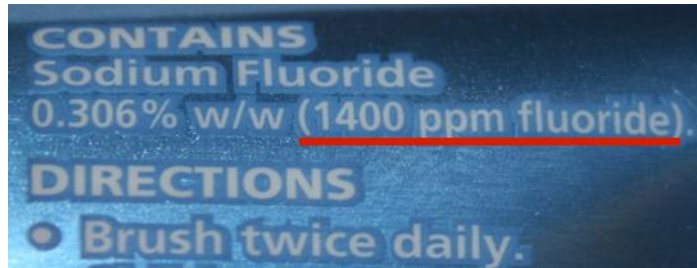


Brushing children's teeth

- Parents should start brushing as soon as the first tooth appears
- Children need help with brushing until they are about 7 years old
- Use a toothbrush with a small head and medium bristles
- Brush at least twice a day for about 2 minutes
- The brush before bedtime is the most important
- **Spit out excess paste but don't rinse out after brushing**



Toothpaste



- 0-3 years old use a **small smear** of toothpaste with 1350–1500 parts per million (ppm) of fluoride (family toothpaste)
- 3 years and above use a **small pea sized** amount of 1350–1500 ppm of fluoride toothpaste

Fluoride is fantastic for your teeth but do not allow a child to eat toothpaste from the tube



Fluoride

is a naturally occurring mineral

- Works topically and is most effective when used multiple times in a day.
- Higher concentrations of fluoride provide better prevention.
- Fluorides that are part of our normal daily life (such as toothpaste) are effective.

Is it safe? What about the health claims in the media?

- All major reviews of the evidence, found no evidence to support claims that it causes cancer, bone disease, kidney disease or birth defects
- **Negative media stories usually refer to studies where the concentration of fluoride is much higher than the recommended level**

All toothpastes must meet safety standards, and they are rigorously tested

Toothbrushing

No brushing method is better, modify the existing method to improve

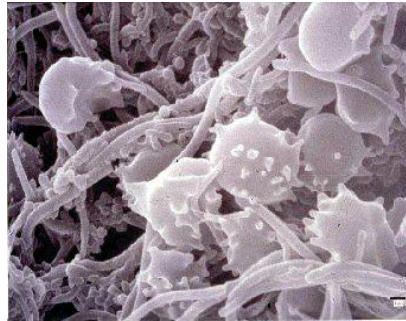
- Try to start in the same part of the mouth each time, and clean every tooth
- Angle the toothbrush towards the gums & include the gum margin
- Clean outside, inside and biting surfaces of the teeth



How does dental decay happen?



+



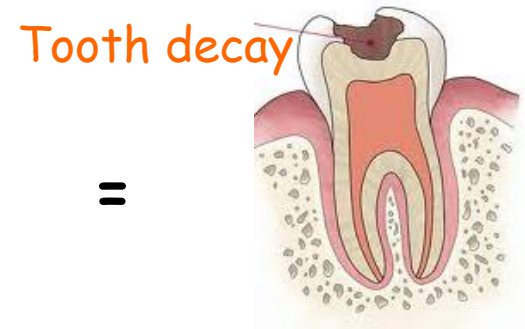
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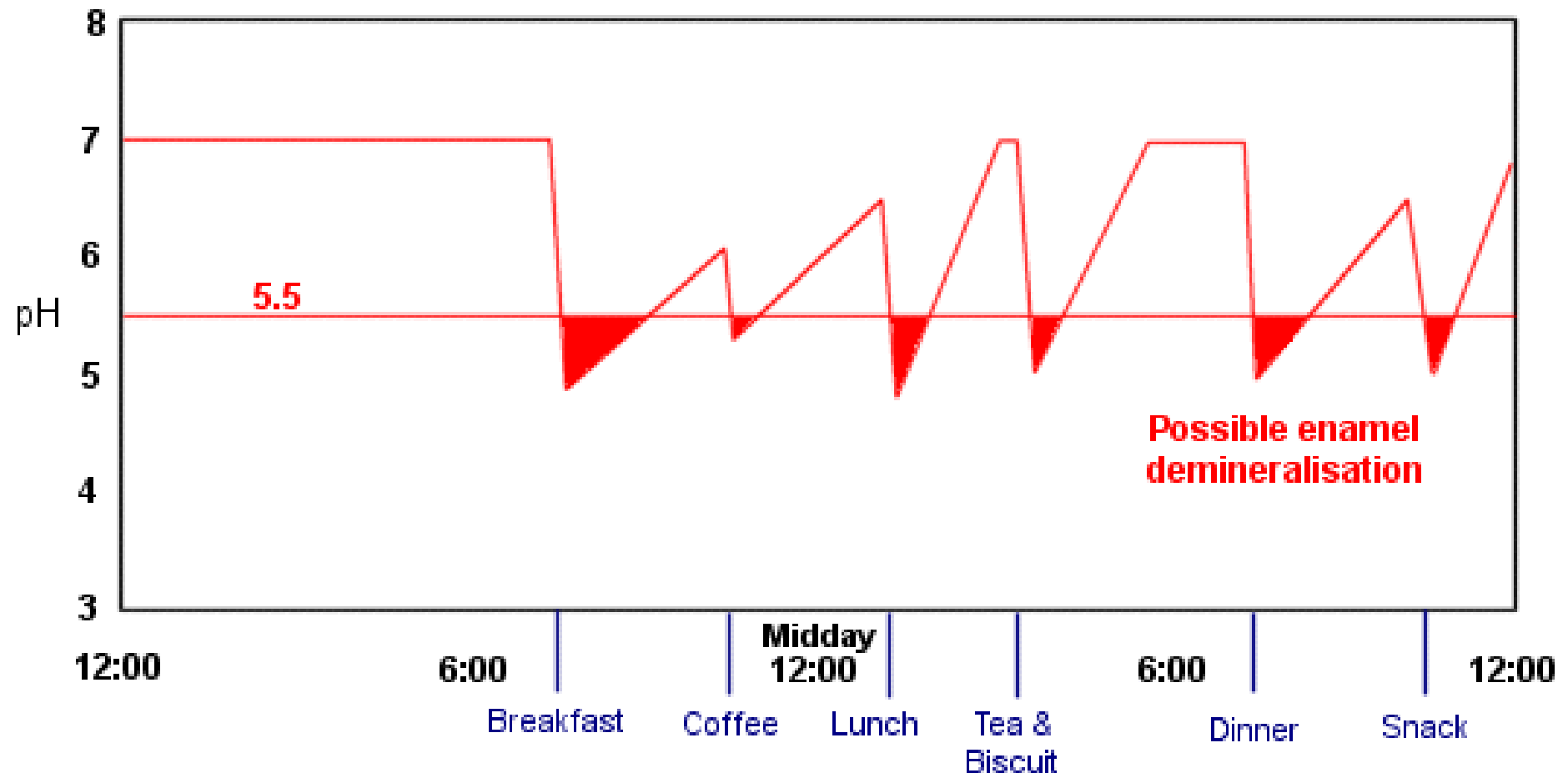


How much sugar should we have?



This is for added sugar it does not include sugars naturally found in intact fruit and veg and in milk or milk products

Frequency of acid attacks through the day



Try to limit sugary foods and drinks to main mealtimes only



If currently consuming foods and drinks high in fat, salt or sugar try to have these less often and in smaller amounts.

Check the label and choose those lower in fat and sugars

Guidelines for fat, saturated fat, sugar, salt and sodium per 100g			
Nutrient	What is low per 100g	What is medium per 100g	What is high per 100g
Fat	3.0g or less	3.0 – 20g	More than 20g
Saturated fat	1.5g or less	1.5 – 5g	More than 5g
Sugar	5.0g or less	5.0 – 15g	More than 15g
Salt	0.3g or less	0.3 – 1.5g	More than 1.5g
Sodium	0.1g or less	0.1 – 0.6g	More than 0.6g

Food swaps

Brand 1	
Typical values	Per 100g
Energy	355kJ 84kcal
Protein	5.2g
Carbohydrate	15.3g
Of which sugar	5.9g
Fat	0.6g
Of which saturated	0.1g
Fibre	3.7g
Salt	1.3g



Brand 2 (Reduced salt/sugar)	
Typical values	Per 100g
Energy	311kJ 73kcal
Protein	5.4g
Carbohydrate	12.5g
Of which sugar	2.8g
Fat	0.6g
Of which saturated	0.1g
Fibre	3.8g
Salt	0.8g

- Saccharose
- Sucrose
- Syrup
- Sorghum or sorghum syrup

- Turbinado Sugar
- Xylose
- Treacle

- Agave nectar
- Corn sweetener

- Corn syrup, or corn syrup solids

How sugar may appear on a label

words “syrup”, “sweetener”, and anything ending in “ose” can usually be assumed to be “sugar”

- Honey
- Invert sugar

- Maltodextrin
- Malt syrup
- Maltose
- Maple syrup
- Molasses

- Dextrin
- Dextrose
- Dehydrated Cane Juice

- Fruit juice concentrate
- Fructose

- High-fructose corn syrup
- Glucose

What about non-sugar sweeteners?

The World Health Organization (WHO) released a guideline (May 2023) on (NSS), **which recommends against the use of non-sugar sweeteners (NSS) to control body weight**



- NSS are not essential dietary factors and have no nutritional value.
- People should reduce the sweetness of the diet altogether, starting early in life, to improve their health
- The recommendation applies to all people except individuals with pre-existing diabetes

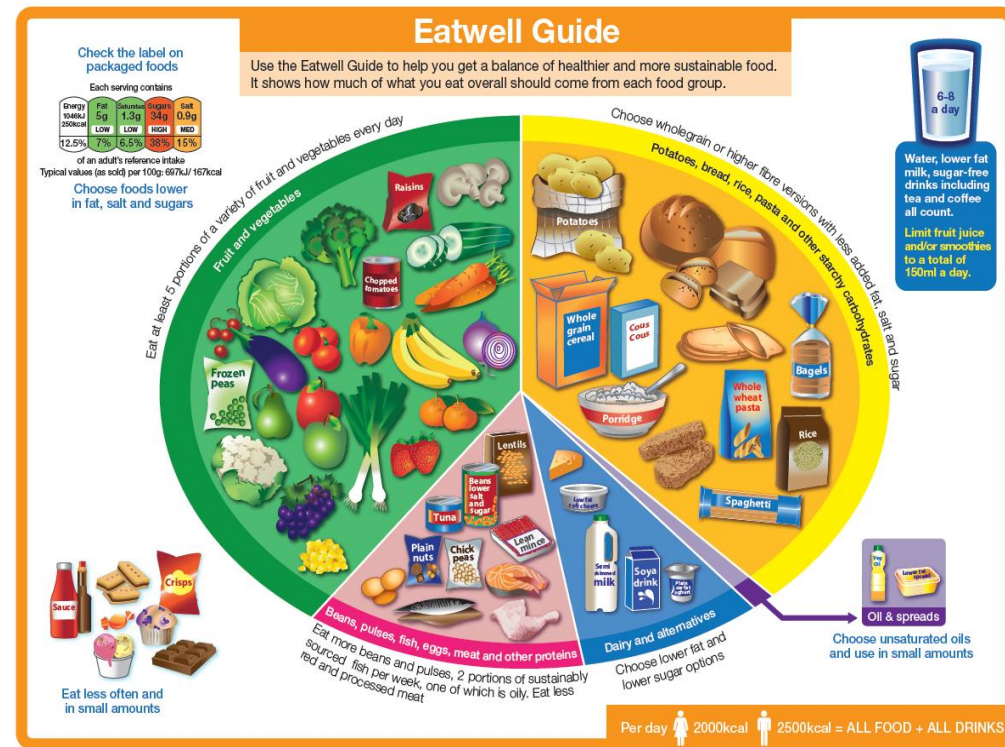
Common NSS include acesulfame K, aspartame, advantame, cyclamates, neotame, saccharin, sucralose, stevia and stevia derivatives.

The Eatwell Guide

- Shows the proportions of foods needed for a healthy diet
- Represents food eaten over a day or more, not necessarily at each mealtime
- Aim to have a variety of different foods from each food group

Children under two years have different nutritional needs.

Children aged two to five years should gradually move to eating the same foods as the rest of their family, in the proportions shown on the **Eatwell Guide**.



Portions

Carbs: Limit pasta and other carbs to the size of your clenched fist



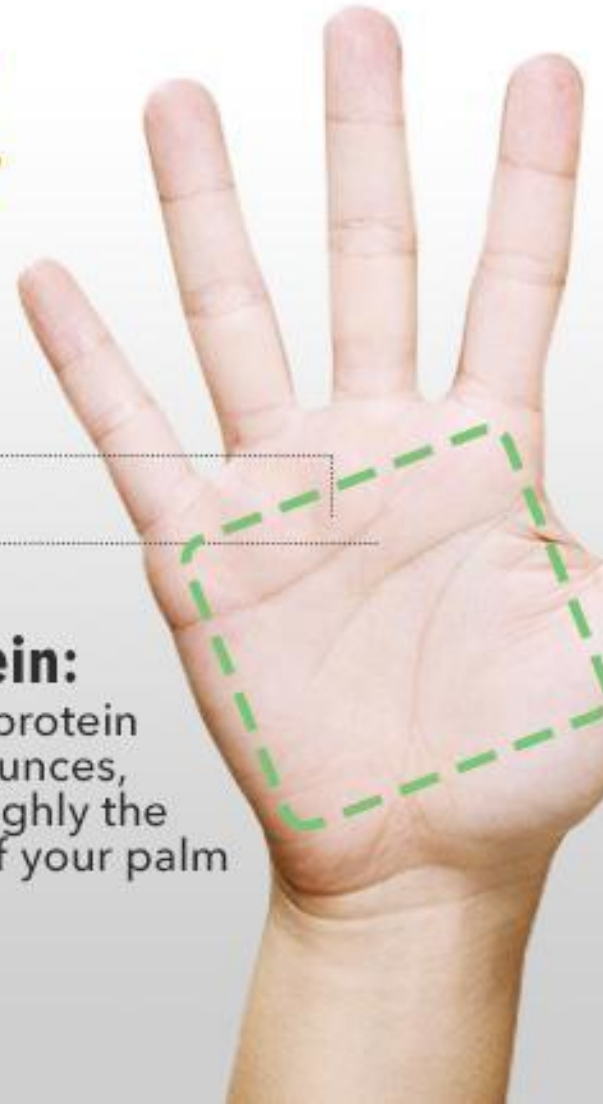
Fat: You need a very small amount of fat per day. The size of two thumb tips is all you need.



Fruit and veg: You need at least five portions of fruit and veg each day. A portion is as much as you can fit in your cupped hand



Protein: Limit protein to 3 ounces, or roughly the size of your palm



What about snacks between meals?



- Fresh Fruit
- Fresh vegetables
- Bread
- Cheese
- Crackers
- Plain yoghurt
- Milk
- Water
- Any sugar free foods

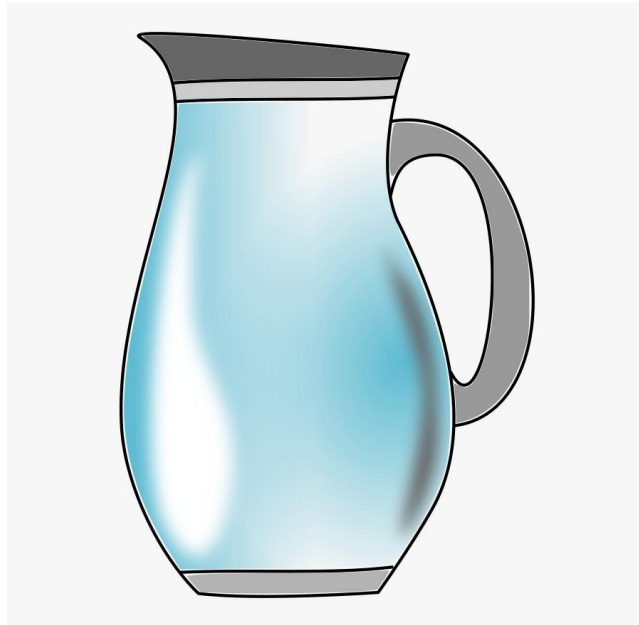
Fruit

- Fruit is fantastic but should be eaten in natural form only
- Smoothies or fruit juice will be acidic and cause damage to the enamel
- Dried fruit may cause decay so should not be eaten between meals



What to give to drink

Safe drinks for teeth between meals
are Milk and Water



Fruit flavoured squash

- Children will drink for the sake of it as they like the sweet taste
- This can result in them feeling full and not eating their meals
- Harmful to teeth even if sugar free

In contrast.....

They will drink **water** when they are thirsty and it will quench their thirst



What's in the box?

Sardine, Cheese, Egg, Chicken sandwich,
cherry tomatoes, peas, banana and milk

1 Starchy

Brown bread

2 Veg

Tomatoes and
Peas

1 Fruit

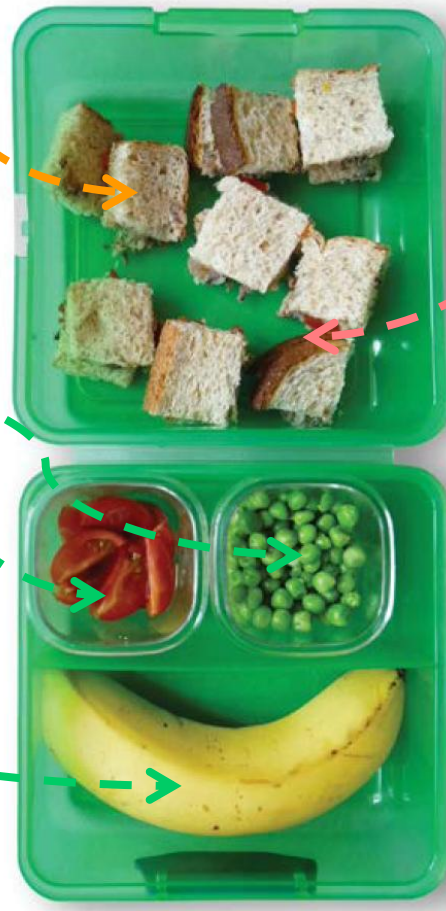
Banana

1 Protein

Sandwich
filling

1 Dairy

Milk



2 slices brown bread (50g)
1 teaspoon vegetable fat spread (5g)
2 sardines, drained and mashed (50g)
1 tablespoon peas (40g)
3 cherry tomatoes, quartered
1 banana
100ml semi-skimmed milk

Creating a positive food culture

Sitting and eating together encourages:

- Social aspect of eating
- Opportunity to try new foods
- Ability to make independent choices
- Helps with the development of motor skills and good eating habits



Thank you for listening and remember.....

- Brush teeth and gums twice a day especially before bedtime
- Use a toothpaste which provides the right level of fluoride
- Spit don't rinse out
- Keep sugary foods and drinks to meal times
- Visit your dentist regularly

