

Helpful Tips

What To Do When...

...Your Child Refuses Toothbrushing

Choose a time that suits the child and try to make it a fun and enjoyable experience.

...Your Child Bites on the Toothbrush

Allow him/her to continue to bite on that brush while you use another to clean the teeth.

...Your Child Pushes His/Her Tongue Out

Use a damp cloth wrapped around a finger to gently hold back the tongue or lip.

...Your Child Gags Or Feels Sick

It may help if you start to brush the back teeth first and move forward.

The Dentist

How Often Should My Child See The Dentist?

Your child's first visit to the dentist should be around their first birthday for a check up and advice. After this they should visit their dentist every 6 to 12 months. These check ups can be lots of fun!

Contact your child's dentist if you have any concerns.

For more information you can visit the Dental Health Foundation website on www.dentalhealth.ie

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Our Lady's Children's
Hospital, Crumlin, Dublin
12

...where children's health
comes first

Information for patients, parents and guardians about



Oral Health

Ward / Department: _____

Ward phone _____

Tel: (01) 4096100 (*main switch*)

A healthy smile is easy to achieve by following some simple steps.



Diet and Your Child's Teeth

Diet plays a big role in your child's dental health and is as important as brushing your child's teeth in protecting their teeth from decay.

Outside of meal times, only milk or water should be offered.

For general well being and dental health your child should only have 3 main meals and 2 snacks per day.

Juices and fizzy drinks should be avoided.

No child should bring a drink to bed with them.



Brushing Your Child's Teeth

All children under 6 should be helped to brush their teeth to ensure it is done properly. It is a good idea to make brushing their teeth a fun time. Teeth should be brushed twice a day, morning and night. It should not be rushed, so make time to do this.

Children 0 – 2 years

Use a small, soft toothbrush and water.

Children over 2 years

Use a small, soft toothbrush.

Use a pea-sized amount of fluoride toothpaste.

Ask your child to spit out the toothpaste after brushing.

Do not rinse your child's mouth after brushing.

What Type Of Toothbrush Should Your Child Use?

All children should use a small, soft bristled toothbrush. They should always have their own and should never share toothbrushes.

Toothbrushes should be changed when they begin to get worn or every 3 months, whichever comes first.



What Toothpaste Should My Child Use?

All children over 2 years should use a fluoride toothpaste. Look for toothpaste that has a fluoride level of 1450ppm. The level of fluoride your toothpaste contains will be written on the packaging.