

What Toothpaste Should My Child Use?



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

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.

Contact your dentist if you have any concerns.

What To Do When>>>

...Your Child Refuses Toothbrushing

Choose a time that suits your child and try to make it a fun.

...Your Child Bites on the Toothbrush

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

...Your Child Gags or Feels Sick

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

...Your Child Pushes His/Her Tongue Out

Wrap a damp cloth around your finger to gently hold back the tongue or lip.

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*...where children's health
comes first*

Sickle Cell And Your Oral Health

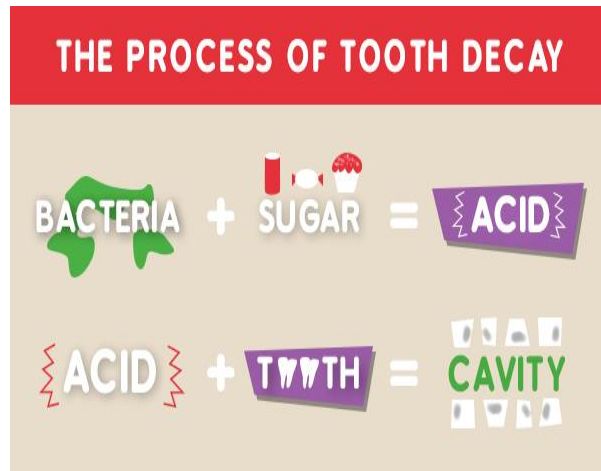


Ward / Department: _____

Ward phone (01) 409 _____

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

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



Sugar from the diet feeds the bacteria in the mouth creating acid. This acid breaks down the tooth causing a cavity. Another name for a cavity is dental decay.



Dental decay causes pain and infection and can make it difficult to eat and drink. It can trigger a sickle cell crisis so it is important to try to prevent it from occurring.

How do I reduce the risk of my child getting dental decay?

A healthy diet and good oral hygiene are really important.

Diet



Your child should eat a healthy diet with lots of fruits and vegetables.

Frequent snacking is a major cause of decay. Your child should eat 3 meals and no more than 2 or 3 snacks per day.

Only give sugary foods as treats and only at mealtimes.

Sugary drinks, including fizzy drinks, juices, squashes and smoothies should be avoided.

Only milk or water should be given between meals.

No child should take a drink to bed.

Oral Hygiene



Your child should have their teeth brushed twice a day, every day.

Children under 6 or 7 should have their teeth brushed for them. All children, no matter what age, should be supervised brushing their teeth.

Children 0-2 Years

Use a small soft toothbrush and water.

Children over 2 Years

Use a small soft toothbrush and a pea sized amount of fluoride toothpaste.

Ask your child to spit out the toothpaste after brushing. Do not rinse the mouth.

Every child should have their own toothbrush and should never share.

A toothbrush should be changed every 3 months or when it gets worn, whichever occurs first.