

Let's keep children smiling!

Health professionals



Facts

Preventive advice has a positive impact on all dental disease

The Child Dental Health Survey 2013 showed that 46% of 15 year olds had plaque which leads to significant risk of tooth decay and gum disease AND over 52% also had gingivitis (bleeding gums) affecting their adult teeth

What can you do?

DOWNLOAD OUR PATIENT RESOURCES

ENCOURAGE CHILDREN AND THEIR GUARDIANS TO MAKE ORAL HEALTH CARE A PRIORITY

SPREAD THE WORD ON SOCIAL MEDIA

CHECK OUR WEBSITE REGULARLY FOR NEWS & UPDATES

bsperio.org.uk

The BSP is committed to raising awareness of the importance of gum health for children and pregnant women. If you work with children as a healthcare professional, there is lots of advice you can pass on to help children maintain good oral health and keep them smiling throughout their lives.

Download our useful information for children, guardians & pregnant women

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Want to know more?

Facts

- Brush twice a day with fluoride toothpaste
- Use the right toothpaste for your child's age
- Show your children how to brush their teeth!
- Spit, don't swallow - the toothpaste stays on the teeth to help protect your teeth
- Little ones can use fluoride toothpaste from the age of 3

Resources

- Access children's support to stop smoking: <http://www.nhs.uk/stop-smoking>
- Visit apps and national trusts can help children to develop good habits - such as Brush 2!
- For more information visit www.bsp.org.uk

BSP
British Society of Periodontology

Oral health and pregnancy: Frequently asked questions

Oral Health & Pregnancy

EFP
BSP

Make sure that gum disease does not become an issue during pregnancy

USEFUL TIPS FOR IMPROVING CHILDREN'S ORAL HEALTH - PASS THEM ON!

Encourage a healthy, balanced diet, avoiding sugar between meals - milk and water are safe drinks between meals

Use a fluoride toothpaste

Children should visit the dentist as soon as their teeth come through or by their first birthday

Early referral and diagnosis reduces treatment need - don't wait!

Encourage parents or carers to meet their children's dental needs

Encourage parents to ask their dentist to demonstrate the most effective ways of cleaning their children's teeth

Children will need help at first but should be efficient at flossing or using interdental brushes at around the age of 10

