

Let's keep children smiling!



Want to know more?

Facts

Virtually all snacks contain sugar or acids in some form like fizzy drinks and fruit juice

Think healthy and you'll feel better, prevent fillings and gum disease and you'll also develop a strong immune system which can help protect against gum disease

Eating protein with every meal means you are less likely to be hungry between meals

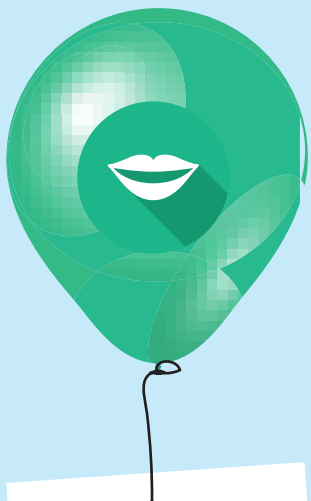
Sleep slows down your body's ability to keep your mouth clean so don't eat close to bedtime

Resources

Access child-specific support to stop smoking: <https://www.nhs.uk/smokefree>

Virtual apps and motivational tools can help children to develop good habits, such as Brush DJ: <https://apps.beta.nhs.uk/brush-dj/>

We encourage you to take your child to the dentist from the age of 1 - find out more here: <http://bspd.co.uk/Resources/Dental-Check-by-One>

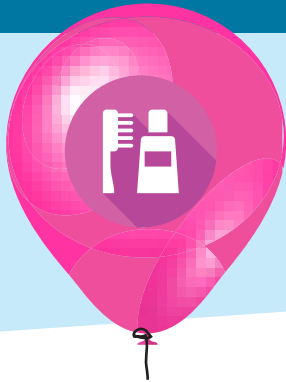


Keep sweet food and drinks to meal times wherever possible

Milk and water are safe drinks between meals

Enjoy a balanced diet - including protein such as eggs, cheese, meat or fish

Avoid eating within one hour of bedtime



Brush twice a day with fluoride toothpaste

Use the right toothpaste for your child's age

Show your children how to brush well

Start brushing as soon as teeth come through

Spit don't rinse - the fluoride helps to protect your teeth

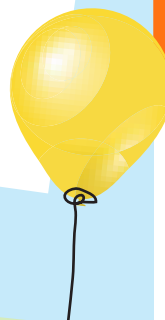
Try fun apps like BrushDJ



Start visiting the dentist as soon as teeth come through or by their first birthday

Ask for help with brushing technique from your dentist or hygienist

Go for regular check ups



bsperio.org.uk

