

Caring for Children's Smiles!

Winter is a season full of celebrations, and with it often comes an abundance of sweet treats for children. While enjoying these festive moments is important, it's equally vital to look after children's teeth during this time. Establishing good oral health habits from an early age is essential for their overall health and wellbeing.

Keeping smiles healthy during Autumn & Winter



Even during the excitement of Halloween, Bonfire Night, Hanukkah and Christmas, keeping up with brushing routines is the best gift you can give your child's smile!

- ❖ Brush twice a day for 2 minutes once in the morning and again at night. Night-time brushing is especially important, as it clears away the day's plaque and food debris before sleep.
- ❖ Spit out excess water after brushing but **do not rinse** with water, as this washes away the fluoride.
- ❖ Children **up to age 7** should be supervised while brushing, why not make it fun and brush together to a toothbrushing song - [Sing along with The Toothbrush song from Hey Duggee - CBeebies](#)
- ❖ Using a Fluoride toothpaste helps strengthen teeth and prevent tooth decay
Did you know that Supermarkets own branded toothpastes can often be cheaper to buy than branded toothpaste, just check the ingredients and make sure it contains fluoride. More information can be found here: [NHS](#)
- ❖ All children are entitled to free fluoride varnish application, speak to your dentist about this.



Top tips during Autumn & Winter Celebrations

- ❖ Serve sugary snacks or drinks with meals during winter celebrations to help reduce the risk of tooth decay while still enjoying the festivities.
- ❖ Tooth-Friendly Trick-or-Treat Swaps such as stickers, stationary, or trinkets
- ❖ Create a themed toothbrushing chart such as Santa's smile tracker.
- ❖ Swop sugar treats for healthy alternatives like fruit, cheese or plain yogurt. Visit [Healthier Food Swaps](#) or download FREE [NHS Food Scanner app](#)
- ❖ Why not consider other alternatives to chocolate and sweet treats such as books, arts and crafts, bath bombs, puzzles.



Fun Fact...

Unlike bones, teeth can't repair themselves once enamel is damaged, it's gone for good.

Sugary treats and drinks can wear down enamel, especially when eaten often throughout the day.

You only get one set of teeth, so spread the word to look after them!

The Children and Young People's Public Health team have created a '[Oral Health Guide](#)' which is a lifelong guide to promoting good oral health habits and useful resources.. why not take a look 😊

For more advice, visit the [NHS website](#) or speak to your dentist.

Newsletter created by the Children and Young People's Public Health Team



Have you asked your dentist about fluoride varnish?



What do you need to know?

Fluoride varnish is strongly recommended for all children and some adults who are at higher risk of tooth decay. NHS dental care, including fluoride varnish is **FREE** for all children and some adults.

What happens?

A sticky gel is painted onto the teeth with a soft brush. It only takes minutes to apply and dries quickly.

How does it work?

It helps to strengthen the hard surface of the tooth which helps to prevent tooth decay and the need for dental treatment such as fillings or extractions. It can also reduce tooth sensitivity.

Why is it important?

Tooth decay can cause pain, infection, and other problems that affect our overall well-being. It's also one of the most common reasons for children to have to go to hospital for teeth to be removed.



How do I get it?

Ask your dentist about fluoride varnish for you and your family. To find information about local dentists, visit:

The NHS website:
[nhs.uk/find-a-dentist](https://www.nhs.uk/find-a-dentist)



For more advice about looking after teeth and gums, including information about who is eligible for **FREE** treatment, visit:

The Healthier Together
webpage on oral health.
bit.ly/3BO2s8u

