

## What happens if a child knocks out one of their adult teeth or breaks it?

- If a child has knocked their tooth out they must see a dentist within 2 hours.
- Do not touch the root, gently rinse the tooth
- If considered safe and age appropriate to do so put the tooth back in original position, or in child's cheek or in mother or father's cheek
- If you do not feel comfortable with above or the child will not let you store the tooth in cold fresh milk
- If you are unable to find a dentist call NHS 111 immediately. They can let you know where the appropriate A&E is with a dental team (sometimes these are called maxillo-facial teams).
- Any broken teeth should be assessed by a dentist as soon as possible
- Wear a mouth guard when playing contact sports to prevent injury

### All above information obtained from:

[www.healthysurrey.org.uk/your-health/dental-health/](http://www.healthysurrey.org.uk/your-health/dental-health/)

### Further information on children's oral health including other topics such as dummies, fluoride varnish:

[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

[www.healthysurrey.org.uk/your-health/dental-health/](http://www.healthysurrey.org.uk/your-health/dental-health/)

[www.nhs.uk/Livewell/dentalhealth/Pages/Dentalhome.aspx](http://www.nhs.uk/Livewell/dentalhealth/Pages/Dentalhome.aspx)

[www.child-smile.org.uk/parents-and-carers/index.aspx](http://www.child-smile.org.uk/parents-and-carers/index.aspx)

[www.child-smile.org.uk/parents-and-carers/birth-to-3-years-old.aspx](http://www.child-smile.org.uk/parents-and-carers/birth-to-3-years-old.aspx)

[www.designedtosmile.co.uk/home.html](http://www.designedtosmile.co.uk/home.html)

[www.toothpick.com/blog/children-teeth-infographic](http://www.toothpick.com/blog/children-teeth-infographic)

### For further information on CSH Surrey Children and Families Services visit:

[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

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## Dental health

### Advice for children



[www.cshsurrey.co.uk](http://www.cshsurrey.co.uk)

### When should a child see a dentist?

- An infant should start seeing a dentist soon after their first teeth erupt (roughly six months).
- Dentists will advise on how regular check-ups should be. The majority of children are seen 6 monthly but this can vary depending on the needs of the child.
- Any dental treatment that is needed is free of charge for those ages 18 and under.

### How do I find a dentist?

- **NHS Choices** will have lists of available dentists in your area
- Speak with family and friends for their recommendations

### Tooth brushing

- Brush twice a day for at least two minutes
- Brushing before bed time is the most important
- After brushing children ideally should be encouraged to only spit the toothpaste out and not rinse. Rinsing washes the fluoride in the toothpaste away and it needs to stay on the teeth for as long as possible to help protect them.
- Brushes should be changed every 2-3 months

### Which toothpaste?

Always use fluoridated toothpaste. The amount of fluoride you need depends on the age of your child. Please read the labels.

- Children 0-3 years: No less than 1000 ppm (parts per million of fluoride, found on the back of the toothpaste)
- Children 3-6: 1000ppm +
- Children 7 years onwards: 1350-1500ppm

### Helping your child to brush their teeth

- Start brushing when the first tooth appears.
- Children need supervising and help with their brushing until they are at least seven years old.
- Brush twice a day for at least two minutes.
- The most important time to brush is just before bedtime and ideally do not eat/drink after this.
- Wait 30 minutes after eating before brushing.
- If your child is under two just use a smear of toothpaste. If they're older use a pea sized amount.

### Diet and decay

- Too much sugar is not good for our general health and our teeth!
- From six months of age infants should be introduced to drinking from an open cup
- Babies over 12 months old should be discouraged from feeding from a bottle
- Sugar should not be added to weaning foods
- Fizzy drinks containing sugar are one of the main causes of tooth decay. **Milk and water are best**
- Sugary food and drinks should be limited to **mealtimes**
- Sugars should not be consumed more than four times per day
- Always ask your doctor for sugar free medicines if possible
- Children should not sleep with a bottle of milk overnight – this can cause decay