

Taking care of children's teeth



Oral Health Promotion for
The Toothbrush Revolution

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what are teeth for?



22%

5 YEAR OLDS IN
NORTH SOMERSET
HAVE VISIBLE
TOOTH DECAY

50%

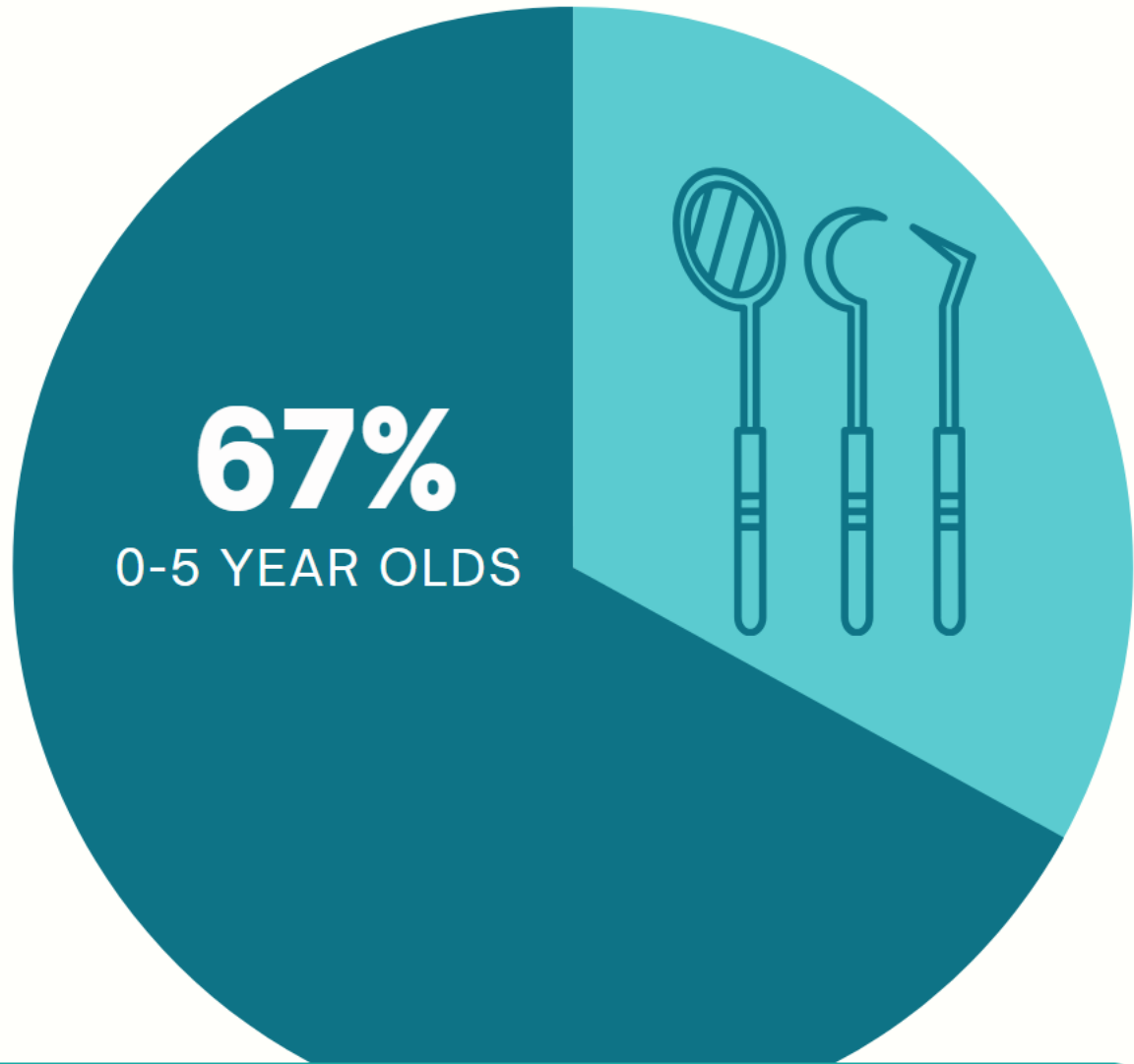
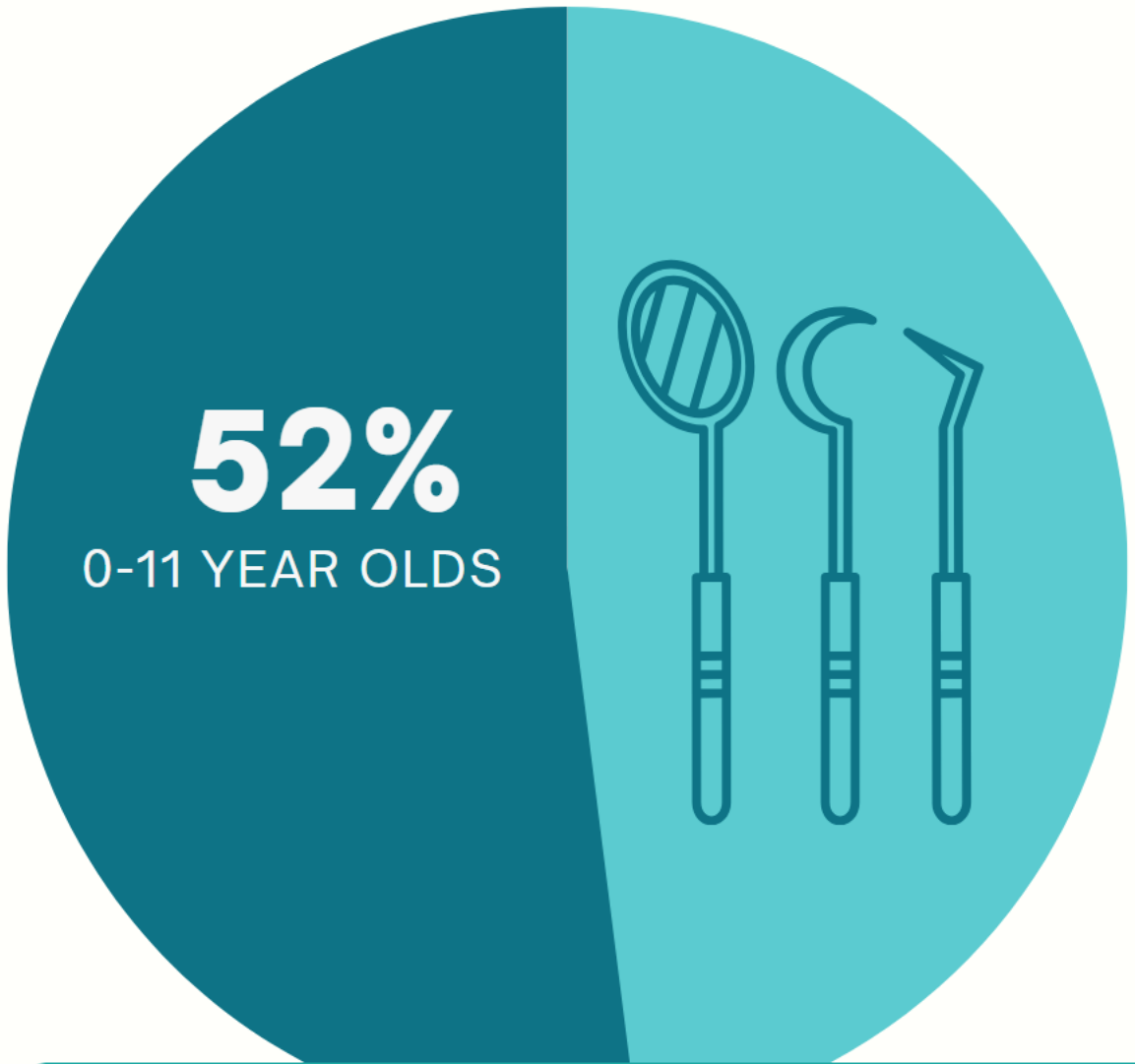
8 YEAR OLDS IN UK
HAVE VISIBLE TOOTH
DECAY

1/3

12 YEAR OLDS IN UK
TOO EMBARRASSED
TO SMILE

Likely to be closer to
35% of 5 year olds
in areas of high deprivation

120 extractions
in 6-10 year olds in North Somerset
average 3 days off post-op
360 school days missed
due to decay in 2022



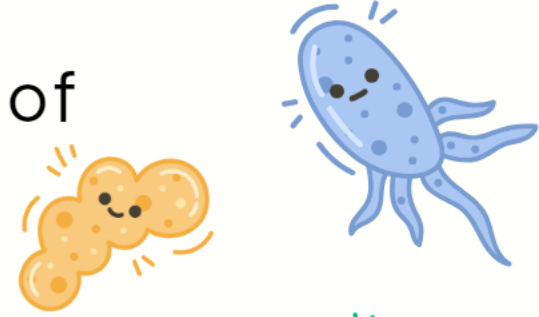
in North Somerset have not seen a dentist in the 12 months upto June 2022

what causes tooth decay?

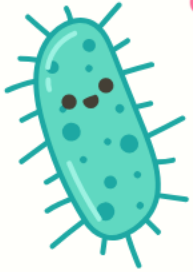




Teeth are constantly growing a sticky layer of bacterial biofilm, AKA plaque.



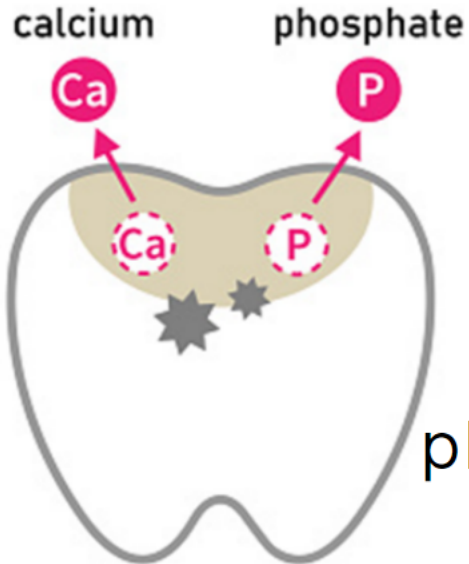
Food and drink sticks to our teeth and



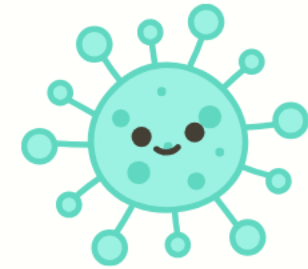
as the bacteria consumes the sugar, they secrete acid



The more sugary the food and drink, the more acid is produced.



The acid dissolves the calcium and phosphate from the enamel demineralising it and forming holes in teeth

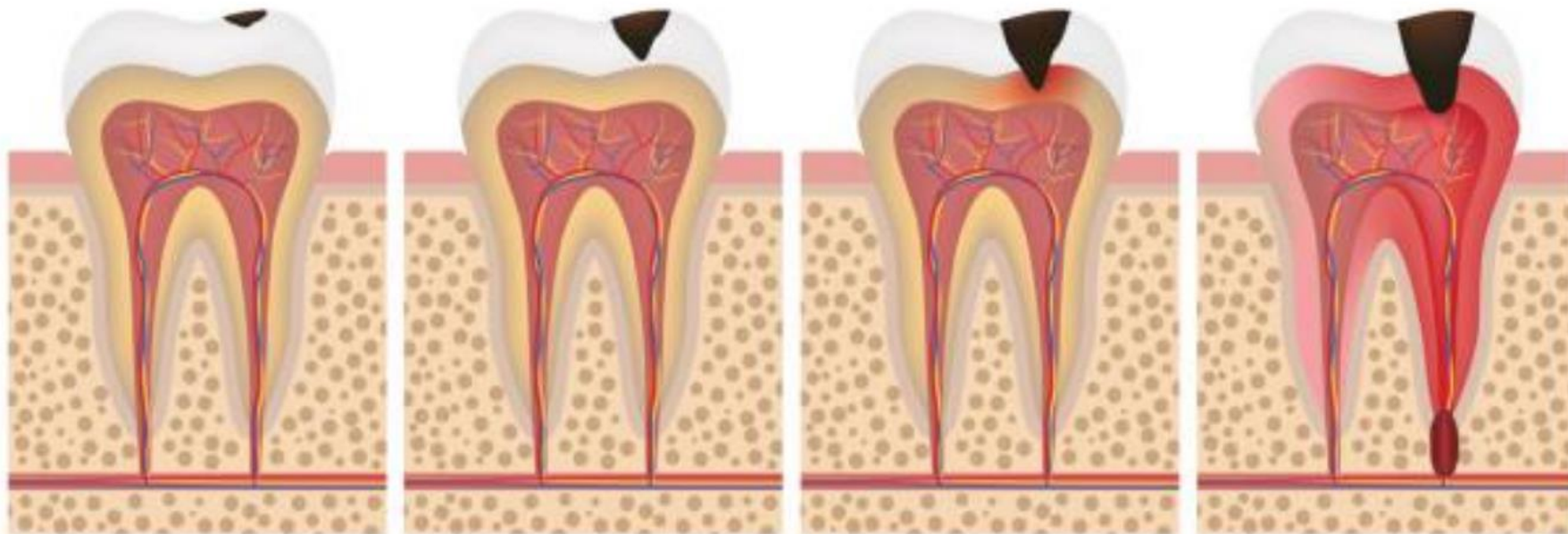


Surface
Enamel

Advanced
Enamel

Dentin

Pulp



These stages are not painful

This stage
is painful

This stage is
very painful

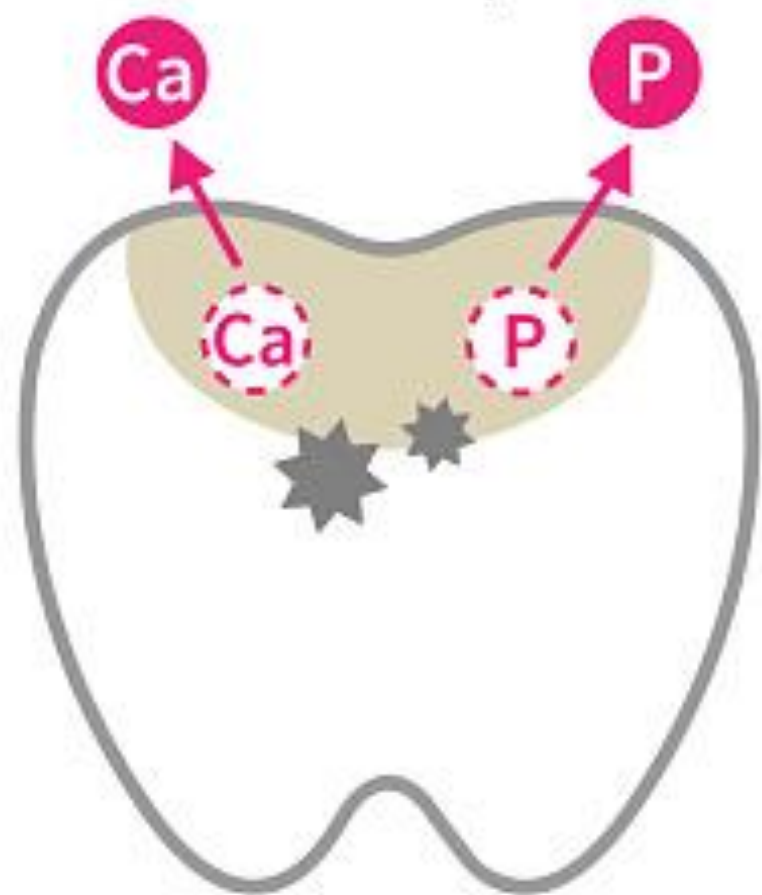
demineralization



remineralization

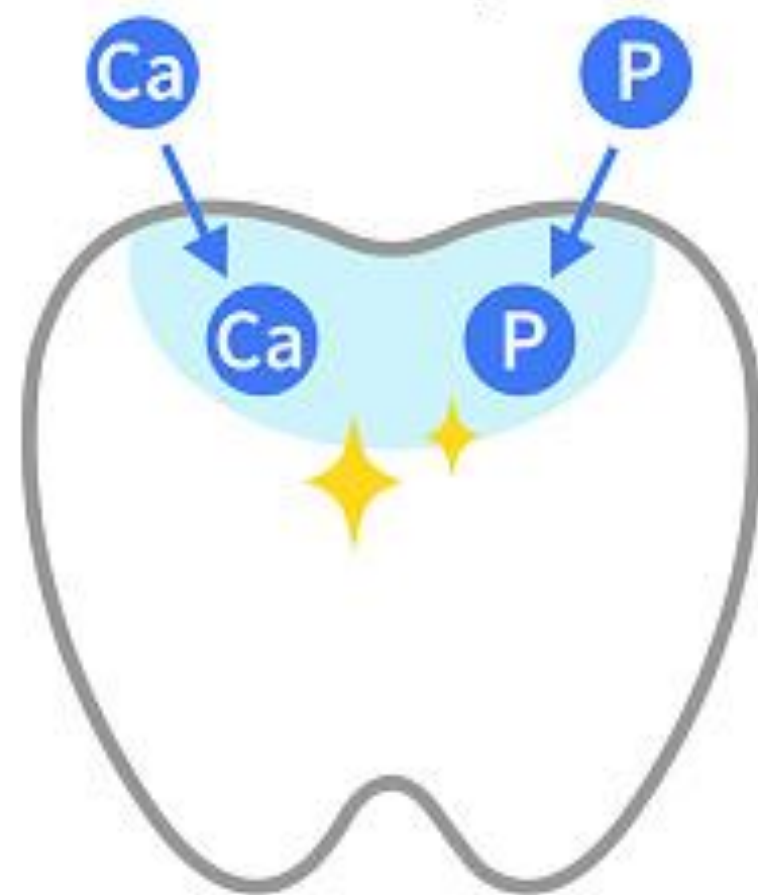
calcium

phosphate



calcium

phosphate



How to brush teeth using PASTE



P is for...

Pea size blob of toothpaste

A is for...

Around all surfaces



S is for...

Spit don't rinse



T is for...

Two minutes

E is for...

Every day, twice!



How to brush teeth

more tips



1350-1500 ppm fluoride



Supervise children under 7



Small soft brush

Gently brush sore gums

Avoid whitening paste for children

Brush before bed and at one other time each day





BRUSH DJ

Home



About



Videos



Music



Chart



Mentions & Awards



Contact



Welcome to **Brush DJ**

The free, award-winning Brush DJ app makes brushing your teeth fun! Watch the video to see all its features :)

Vote below for your favourite song to brush your teeth to and see if it makes in into the weekly Brush DJ top 5!

Watch our video

BRUSH-DJ CHART

- 1 Let's Go Crazy - Prince & The Revolution
- 2 You Took The Words Right Out Of My Mouth - Meat Loaf
- 3 Bat Out Of Hell - Meat Loaf
- 4 It Never Rains In Southern California - Albert Hammond
- 5 Fireworks - Katy Perry

Watch the video!



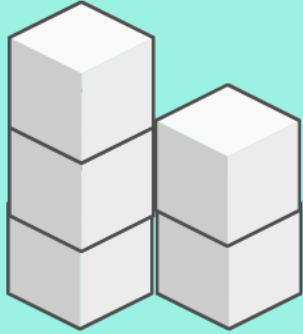
Download on the
App Store



GET IT ON
Google Play



Reduce sugar intake to three times a day



5 sugar cubes a day



fruit drinks are sugary



keep sugar to mealtimes



keep to safe snacks



avoid fizzy drinks

What is a safe snack?



Reduce sugar

low sugar cereal

wheat biscuits, shredded
wholegrain, porridge

water

add berries or chopped
fruit for flavour

sugar-free drinks

watch out for “no added
sugar” and acidic drinks

avoid adding sugar to meals

use herbs, spices and
seasoning instead

Safe snack ideas

breadsticks

cheese and crackers

tea cakes

reduced sugar versions

fresh or frozen fruit

plain popcorn

plain natural yoghurt

crumpets

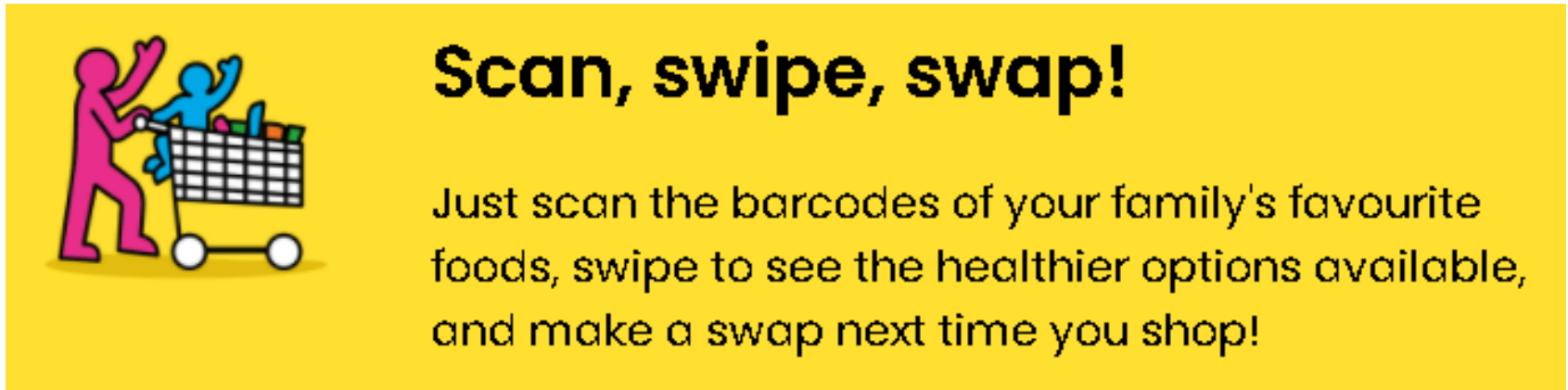
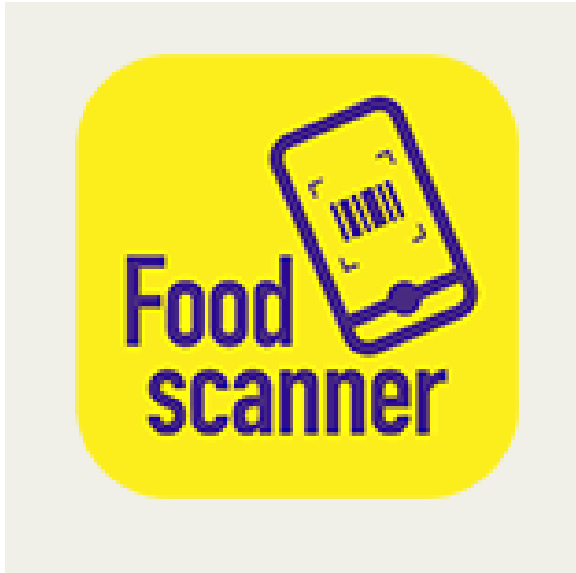
bagels

chopped veg and hummus

bread

plain rice cakes

pancakes



When and how to see

dentists

From 6 months old
and before one years old

Every 6 months
or as recommended

As soon as there is a problem

When NHS 111 recommend

For regular fluoride varnish

No catchment area

NHS find a dentist

Join multiple waiting lists

Registration \neq NHS appointment

NHS England Customer Contact Centre:

0300 311 2233

Complain:

Healthwatch North Somerset

NHS England

Health Ombudsman





Elements of the Toothbrush Revolution



Train staff

Champions promoting oral health in all policies

Lessons and assemblies

Dental team
Interactive
Theatre Production

Reach parents with the messages

Social media
Theatre Show

Hand out toothbrushes and toothpaste

Into children's hands on
the way out the door

Survey parents, children and staff at start, midway and end



TREAT YOUR TEETH



**BRUSH FOR TWO MINUTES
TWICE A DAY**

Grab your plaque-ards!



**Join the
Toothbrush Revolution**

It is not a whippy



a pea size blob will do!

Teeth love to sparkle



*Brush for 2 minutes.
last thing at night
and once in the day*

**Brush the teeth
you want to keep**



2 minutes, twice a day!

*♥ show your ♥
teeth some love*



Brush for two minutes, twice a day

We're revolting



against revolting

Case Study

Top tips on bottles and dummies

- Only ever milk or water
- start using cups at 6 months
- swap from bottles to cups at 1 year old
- stop using dummies as early as possible
- never dip dummies in sticky substances
- it's harder to stop thumb sucking habits

Better Health North Somerset
Take care of your teeth

Evan's mum comes to you worried that he is getting very tired after nursery. She has started giving him a bottle when she picks him up from nursery, so he can sleep in the buggy on the way home. She says she is glad you brush his teeth now, because he often wakes just long enough to give him some jam on toast before he falls asleep again for the night.

What conversations might you have to ensure Evan's teeth are taken care of?

Case Study



During playground duty, Tally approaches you and tells you her teeth are sore.

She shows you that she has a wobbly tooth and in the conversation that follows, she tells you that she doesn't like her toothpaste so just pretends to brush her teeth in the morning. Her mum had mentioned that teeth coming through are causing her pain, but you have concerns that the problem is more severe.

What conversations might you have to ensure Tally's teeth are taken care of?

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Useful Links from Better Health North Somerset

- Oral Health for Early Years Practitioners: [Oral Health in Early Years | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/oral-health-in-early-years)
- Take Care of Children's Teeth for parents: [Take care of Children's Teeth | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/take-care-of-childrens-teeth)
- Toothbrushing for all: [Toothbrushing | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/toothbrushing)
- Take care of your teeth (for adults): [Take Care of Your Teeth | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/take-care-of-your-teeth)
- Oral Health for Carers (of vulnerable/elderly adults – in case it comes in handy): [Oral Health for Carers | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/oral-health-for-carers)
- Healthy Early Years: [Healthy Early Years | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/healthy-early-years)
- Healthy Schools Network: [Healthy Schools Network | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/healthy-schools-network)
- Healthy Workplaces: [Healthy Workplaces | Better Health North Somerset \(betterhealthns.co.uk\)](https://www.betterhealthns.co.uk/healthy-workplaces)