



Good oral health habits need to be formed at an early age. Tooth decay is largely preventable, but it's still a serious problem among young children.

Nearly a quarter of 5 year olds in England have tooth decay, with 3 or 4 teeth affected on average. Tooth extraction is one of the most common procedures for children under 6 in hospital. Extraction is also the most common reason for hospital admission for children aged 6 to 10.

Children who have toothache, or need treatment, may have pain or infections. This can have a wider effect and lead to problems eating, sleeping, socialising and learning.

How to encourage my child

Get your young children to brush the teeth of dolls or soft toys, read stories about teeth and smiles, talk about healthy food and drinks that help to grow strong teeth, and those that do not. Get them to look at their own and your teeth using mirrors.

When brushing your child's teeth, don't forget to use a fluoride toothpaste. Make sure you visit your dentist regularly and encourage positive tooth brushing routines.

To support your child further, click on the links below:

Children's Teeth click on this link <https://www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/>

How to keep your teeth clean – click on this link <https://www.nhs.uk/live-well/healthy-teeth-and-gums/how-to-keep-your-teeth-clean/>



Bring healthier eating to life at home



Better Health

Let's do this

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