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Head Teacher - Mrs Elizabeth Collins

Westfield Nursery School 'Oral Health'

Please find some oral health advice below:

Fluoride Toothpaste

- Use toothpaste with 1000-1450 ppm fluoride
- Helps protect teeth from decay
- Whitening toothpaste is not suitable for children

Dental Visits

- First visit by the age of 1 or when first tooth appears
- Find a dentist via the NHS website
- Dental emergency: Call 111
- Fluoride varnish helps protect teeth

Brushing Tips

- Brush teeth twice daily for 2 minutes
- Especially important before bed
- Let your child brush first
- Adult should re-brush afterwards

After brushing

- Encourage children to spite, don't rinse
- Rinsing washes away protective fluoride

Drinks

- Avoid sugary juice or squash in bottles
- Keep sugary drinks to mealtimes

Open Cups

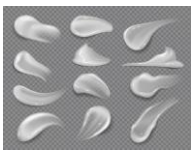
- Babies can use an open cup from 6 months
- Helps protect teeth and supports development

Ages 3+

- Use pea-sized amount of toothpaste
- Supervise brushing

Ages 0-3

- Use a smear of toothpaste (rice size)
- Brush twice daily



Replace Toothbrushes

- Change toothbrush every 3 months
- Replace sooner if bristles are worn or chewed

Best Drinks

- Plain water and milk are the best for teeth
- Limit sugary drinks

Tooth-Friendly snack

- Offer fruit, vegetables, breadsticks or yoghurt
- Keep sugary foods to mealtimes

Foods to limit

- Fizzy drinks
- Juice & squash
- Sweets and chocolate
- Cakes & biscuits
- Sticky dried fruit

Dental Health Care

NHS

Dental check-ups are important to maintain, as often as the dentist recommends

(this will vary from patient to patient)

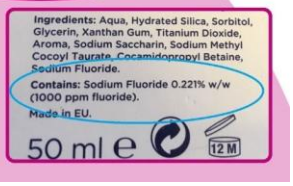
Search for an NHS dentist by visiting the nhs.uk website and typing 'find a dentist' in the search bar

Try to arrange a child's first appointment before their first birthday

Dental Health Care

NHS

Babies and children up to the age of 6 are advised to use a toothpaste with at least 1,000ppm (parts per million) fluoride. This is shown on the toothpaste tube/box.



Dental Health Care

NHS

Adults and children are advised not to rinse out with water after cleaning teeth, as this washes some of the fluoride away

Just spit out the foam

Dental Health Care

NHS

Help me brush my teeth twice a day - especially at bedtime

Dental HealthCare

NHS

Drinking juice or squash in a bottle is not good for my teeth.

Please give it to me in an open top cup at a meal time.

Dental HealthCare

NHS

Did you know that a baby can drink from an open top cup from the age of six months?

Dental HealthCare

NHS

Children 3 to 6 years old, and through to adults, are advised to use a 'pea-sized' blob of toothpaste on the brush.

Dental HealthCare

NHS

Children aged 0-3 years old are advised to use a smear of toothpaste on the brush.

Dental HealthCare

NHS

Replace your child's toothbrush before it gets to this

Dental HealthCare

NHS

Plain water and plain milk are the only tooth friendly cold drinks for thirsty children!

Dental HealthCare

SNACKS

Here are some tooth friendly snack ideas...

- Fresh fruit - whole, slices or diced
- Vegetable fingers
- Plain rice cakes, oat cakes, breadsticks or pitta bread
- Hummus, cheese slices, plain yoghurt or cream cheese
- Plain water or plain milk

Try to keep sugary food and drink to mealtimes.

Dental HealthCare

NHS

Keep these to mealtimes only, not suitable as a snack

Fruit Smoothies and fruit coolers

Fizzy drinks

Fruit juice and squash

Cakes and biscuits

Sweets and chocolate

Flavoured yoghurts

Dried fruit

Cereal/fruit bars

Children (Under 18) **NHS Dental Care Registration**

Healthy Smiles Start Here! Register your child for an NHS dental checkup today and **give them a reason to smile brighter!**

Feel free to give us a call or scan the QR code below.

Hitchin:
01462 438438

Luton:
01582 420277

Dunstable:
01582 601351

Scan Me

Houghton Regis:
01582 865001

Hemel Hempstead:
01442 251619

Stopsley:
01582 400282

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