

CHILDREN'S ORAL HEALTH

FACTS AND FIGURES



Brush teeth **twice a day** for **2 minutes** with fluoride toothpaste



Tooth decay

Top reason for **non-emergency hospital admissions** in children aged 5-9 years in England

Each child with tooth decay will have on average **3-4** teeth affected



38% of children had sleepless nights because of pain caused by tooth decay



3 days of school were missed per year on average due to dental problems



Deprivation

= **2x** likelihood of tooth decay

HELP AND ADVICE

- Poor oral health impacts on both health and well-being influencing how children grow, enjoy life, look, speak, chew, taste food and socialise.
- Parents should take their children for regular dental check-ups, as advised by the dentist. It is important to be positive about it and make the trip fun. Dental care is free for children.
- Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis so they become familiar with the environment and get to know the dentist.
- From six months of age, infants should be introduced to drinking from a cup; from one year of age, feeding from a bottle should be discouraged.
- Brush teeth at least twice daily for about 2 minutes with fluoride toothpaste.
- Children should be encouraged to spit (not rinse) the toothpaste after brushing to increase fluoride availability to the tooth surface.
- Parents and carers should brush or supervise toothbrushing until their child is at least 7 years old.
- Barnet's Oral Health Programme delivers key messages on oral health for young children, and raises awareness to parents of the importance of dental caries, prevention and healthy eating.

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LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Barnet Oral Health Promotion team	<ul style="list-style-type: none">▪ Phone▪ Online▪ Face-to -face	You can contact the Barnet Oral Health Team with any questions about the programmes running within primary schools and children centres.	Email : hcp.4barnet@nhs.net Website: http://www.healthychildprogramme.co.uk Phone: 020 3633 4049 / 0800 772 3110
NHS Choices	<ul style="list-style-type: none">▪ Online	Provides information on children's oral health and a tool to help you find your nearest dentist	Website: http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx
Change4Life	<ul style="list-style-type: none">▪ Online	A range of information and resources to support families to make healthier choices. Change4Life provides a guide for dental teams providing key oral health messages to support Be Food Smart and also a Top Tips for Teeth Toolkit.	Website: https://www.nhs.uk/change4life/
School Nurse/ Health Visitor	<ul style="list-style-type: none">▪ Online▪ Phone▪ Face to Face	If you have any questions or concerns regarding your child's health in general and how this might be affecting their teeth please contact a schools nurse for school aged children or speak to a health visitor for 0-5 year olds.	Email: hcp.4barnet@nhs.net Phone: 020 3633 4049 / 0800 772 3110 Website: http://www.healthychildprogramme.co.uk

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