

# Your Child's Mouth Matters

Dental Services

## Introduction

The purpose of this leaflet is to provide oral health information and advice for your child.

## Why is your child's mouth care important?

Our mouth is a gateway to the rest of the body and there is a link between poor oral health and our general health.

Good oral health is important for child growth and development.

Whether it is a planned or an unplanned hospital stay, our normal daily routines can go out of the window, teeth can become low on our priorities, and days might go by without brushing our teeth.

Effective tooth brushing is required for the removal of food debris and bacterial plaque. Failure to remove food debris and the bacterial plaque build up may also increase your child's risk of getting pneumonia.

Parents and carers are always encouraged to help with their child's mouth care but if you are unable to for any reason a nurse will be able to assist you.

If your child has an orthodontic appliance, the ward will have a storage pot for this to keep it safe. If the child is not wearing it whilst in hospital it is best for it to be taken home to avoid it being lost.

## How can I help to improve my child's mouth care?

Children should be introduced to drinking from a cup from around 6 months of age, and discouraged the use of drinking out of bottles altogether, by the age of 1, as recommended by The Department of Health.

Nothing other than milk or water should be placed into a baby's bottle.

Sugar + Teeth = Dental Decay



**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Healthy snacks

Milk, water, cheese and crackers, all fruit and vegetables including apples, bananas, grapes, oranges, carrots, cucumber and tomatoes are great snacks for your teeth.

## Top tips to Dental Health

Brush your child's teeth as soon as you can see them in their mouth.

Brush last thing at night and another time of the day, using a pea sized amount of fluoride toothpaste.

Help to brush your child's teeth till they are at least 6 years old.

Encourage your child to spit out the excess toothpaste after brushing but DO NOT rinse, this will help the fluoride do its job and protect the enamel.

**Register with a dentist** – we encourage that all children should of had their first dental visit by the age of 1.

**Ongoing visits to the dentist** – remember to attend ongoing routine visits as recommended by your dentist.

## Where can I find more information?

You can search for a dentist on the website – <https://www.nhs.uk/service-search/find-a-dentist> or call 111 for advice

Mouth Care Matters is a health education initiative aimed at improving the oral health of all hospitalised patients.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。