Oral Hygiene and Diet Advice for Children

Oral and Maxillofacial Surgery Department
Oral Hygiene

- Brush your child’s teeth as soon as they come through into the mouth.
- Assist and supervise tooth brushing until your child is 7 years old or until can brush their own teeth effectively.
- Brush all tooth surfaces twice a day – once before bed and on one other occasion.
- Brush for two minutes.
- Spit out after brushing but don’t rinse your mouth.
- Children 0-6 years old should use toothpaste with at least 1000ppm fluoride.
- Children 7+ years old should use toothpaste containing 1350-1500ppm fluoride.\(^1\,2\)
- Children 0-3 years old should use a smear of toothpaste on the brush.
- Children 3-6 years old should use a pea-sized amount of toothpaste.
Diet

- Sugar should not be added to food or drinks given to babies and toddlers.
- Minimise the amount and frequency of sugar-containing foods and drinks.
- Avoid sugar-containing foods and drinks at bedtime when saliva flow is reduced.
- Provide only water and milk between meals.
- All food and drink containing sugars should be consumed as part of a meal and not as a between-meal snack.
- Provide healthier snacks which are low in sugar e.g. fresh fruit, vegetables, breadsticks cheese and oatcakes.[1,2]
- Provide at least 5 portions of a variety of fruit and vegetables every day.
Further Information and Resources


Oral and Maxillofacial Surgery Reception – 0122582426

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.pals@nhs.net or telephone 01225 825656.

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