

Solihull Special Care Dental



Smile!

It's National Smile Month



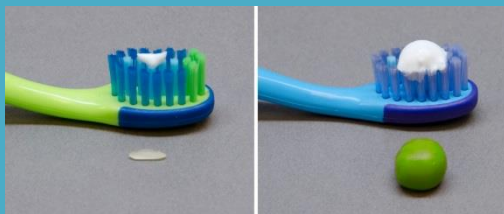
Top Tips for great oral health

- Brush teeth for two minutes, twice a day
- Use a fluoride toothpaste
- Spit out your toothpaste and don't rinse it out
- Use fluoride mouthwash at a separate time to brushing
- Children under 3 years old should use a smear of toothpaste containing at least 1,000ppm fluoride
- Children 3+ years old should use a pea sized amount of toothpaste containing more than 1,000ppm fluoride
- Children over 7 and adults should use toothpaste containing 1,350-1,500ppm fluoride



Children in the most deprived areas of the country were 3 times more likely to experience dental decay (35.1%)

In the 2022, National Epidemiological Study of 5 year olds, it was recorded that 5 year olds in England had 29.3% prevalence of enamel and/or dental decay



Limit sugary food and drink intake

- Adults < 30g of sugar (7 tsps)
- Children aged 7-10 years <24g of sugar (6 tsps)
- Children aged 4-6 years <19g of sugar (5 tsps)



Children under 4 should avoid all food with added sugar

Try the 'change for life sugar swap' app to check your daily intake

Visit a dentist regularly for your check up. To find a local NHS dentist call NHS 111 or visit www.nhs.uk/service-search/find-a-dentist

Follow our Instagram page by scanning the QR code below

