

# Oughton Health

## Oughton Primary School Health & Well-Being Newsletter

Edition 8 Spring 2022

Welcome to our latest edition of our newsletter, Oughton Health, our very own newsletter with a focus on promoting good health, both physical and mental, as well as general good well-being. In this issue, we will look at the importance of looking after your child's teeth in the belief that a healthy mouth helps towards achieving a healthy mind and body! Hopefully, you will find some interesting facts and figures about the importance of good dental health which you can share with your children to encourage them to get brushing!

### The facts (taken from Oral Health Foundation):

#### 1. Nearly half of 8 year olds have visible signs of decay on their teeth

A startling fact no doubt but also something that, with the correct measures, can be prevented. Ensuring your children brush twice a day for two minutes with fluoride toothpaste is the first step to preventing tooth decay.

#### 2. Good dental health is not expensive

A tube of toothpaste can cost less than £1 so there is no excuse for 21 per cent of children from low income households to suffer from "severe and extensive" tooth decay. *If you are struggling to buy toothbrushes/paste, please do speak to us for support (ask for Mrs Woollon).*

#### 3. Some 'healthy drinks' have far more sugar in than you think

Some 'healthy' fruit juices have been found to contain more tooth rotting sugar than an equivalent size can of Sprite! Switching these for milk every now and again will give your children's teeth a break.

#### 4. Four in five of children are attending the dentist regularly

This is a good start, but this figure should be much closer to 100, especially when you consider that NHS dental treatment is free for children.

#### 5. The proportion of children with plaque has decreased by 10 per cent in 10 years

At this rate plaque will be eradicated in children by 2079, to put that into perspective the children included in this study will be almost 80 years old! *Eek!*

#### 6. Only three quarters of children say they brush their teeth twice a day

It is important that children are getting the message on good dental health and with their input this figure can undoubtedly increase. All adults need to encourage this as well as model it!

#### 7. One in seven children are classed as having severe or extensive tooth decay

Take a moment to think about that word 'severe'. Synonyms include; extreme, terrible, awful and intense, not words which should ever be used to describe a condition which is entirely preventable and causes such unnecessary suffering to our children. Developing a good daily oral health routine at a young age will help to develop healthy attitudes to dental health and fight this head on.

#### 8. Children are more relaxed the earlier they start to visit the dentist

Children sense fear in their parents and with one in seven adults suffering from dental anxiety our children are being taught that they have something to fear. To show children they have nothing to fear they should visit the dentist as young as possible in order to build familiarity with their dental team.

#### 9. All baby teeth should appear by the age of two and a half

As soon as teeth appear a visit to the dentist is required. Who knows they may even get a free lollipop (sugar free obviously) and be your best friend for taking them. Your children will thank you when they have wonderfully healthy teeth later on in life due to forming great habits at such a young age,. It may then change the hugely worrying fact that...

#### 10. Bad teeth are stopping our kids smiling

This is very unsettling; more than one in three 12 year olds are embarrassed to smile due to the condition of their teeth. Can you imagine a time when your child simply cannot smile due to the how their teeth look???

Dentists are up and running again so, with dental treatment free for children, if your child has not been for a while, why not book them into the dentist for a check-up and make sure they can smile with confidence.



### IN THIS ISSUE:

- The importance of good dental hygiene

*Watch out for our next issue in the Summer term*

### Weird (but fascinating) Teeth Facts (from Oral Health Foundation)

- How your teeth are arranged in your mouth is as unique as your fingerprint — nobody else has a smile like yours!
- Women smile more than men
- Children are 26 times more likely to laugh than an adult.
- China has an annual 'Love your Teeth' day on 20 September.
- Teeth start to form in the womb .
- Humans spend 38.5 days of their lives brushing their teeth.
- The average human produces 25,000 quarts of saliva in their lifetime — enough to fill two swimming pools.
- Mosquitos have twice as many teeth as humans. The average adult human has 32 teeth.
- There is enough fluoride in a tube of toothpaste to kill a small child. Make sure you encourage your little one to spit out their paste after brushing.



## What promotes good oral health?\*



Brushing teeth twice a day with a fluoride toothpaste



Limiting the amount of sugar we eat and drink



Going to the dentist for regular check ups

\*Based on pupil questionnaires and dental examinations of 15 year olds in the 2013 CDH survey

Office for National Statistics

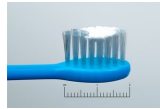
From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth. A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

## Toothbrushing tips (as shared by the NHS):

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

### Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents/ Carers should brush or supervise teeth brushing.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
  - Make sure children don't eat or lick toothpaste from the tube.



What a smear of toothpaste looks like

### Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Brushing should be supervised by a parent or carer.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



What a pea-sized blob of toothpaste looks like

### Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

### Food, Drink and Teeth Facts

- Cheese can protect your teeth! It creates a protective layer around your teeth which neutralises the acid in plaque.
- Some of the worst offenders for staining teeth include curry sauce, balsamic dressing and ketchup!
- You can create a natural protective barrier to prevent staining before a main meal by eating a leafy salad or steamed veg.
- Brushing within half an hour of eating or drinking certain foods can actually damage enamel as the enamel is softer. Wait an hour before brushing.
- Your saliva is your best natural defence against staining, so sip water regularly.
- Dried fruit is worse for your teeth than normal fruit. The drying process releases free sugars which can contribute to a build up of plaque.

### Tooth Decay Facts

Tooth decay occurs when acids from food and drink **create plaque**, which dissolves enamel.

- Plaque starts to form **4 hours after brushing**.
- Plaque contains over **300 species of bacteria**. Using an anti-bacterial mouth rinse will help to key bad bacteria at bay.
- The NHS estimates **1 in 3 adults have tooth decay**.
- The **number one chronic child disease** is tooth decay; it's 5 times more common than asthma and 7 times more common than hay fever.
- If left untreated, tooth decay in children can lead to **malnourishment, problems in speaking and learning, and even death**.
- **Sugar is a major contributor to tooth decay**. As well as being wary of sweets and other overtly-sweet foods, check the sugar content of everything from ketchup to yoghurt. Don't forget your allowance is 90g a day, and that includes hidden sugar in foods like fruit and vegetables.

**Smile 4 Life**

For further information visit [smile4life.org.uk](http://smile4life.org.uk)

**ENCOURAGE HEALTHY EATING AND DRINKING**

- Keep all foods and drinks containing sugar to mealtimes
- Snack on fruit and/or vegetables between meals
- Drink only milk and water between meals. Keep other drinks to mealtimes

**ENCOURAGE REGULAR TOOTHBRUSHING**

- Brush twice a day including last thing at night
- Use a smear (under 3 years) or a pea-sized (over 3 years) amount of family fluoride toothpaste
- Supervise brushing until at least 7 years of age
- Spit don't rinse after brushing

**ENCOURAGE THE PROMOTION OF A HEALTHIER LIFESTYLE**

- Do not smoke or use any form of tobacco
- Keep alcohol consumption to recommended levels

**VISIT A DENTIST REGULARLY**

- Children should be seen regularly at intervals of between 3 and 12 months
- Ask your dentist about fluoride varnish
- Young people and adults should be seen at regular intervals as determined by their dentist
- For help in accessing an NHS dentist for routine or emergency care call your local PCT dental number

The best way to help keep your teeth and mouth healthy is: