DIET MAKES A DIFFERENCE

Eating a healthy balanced diet will help to protect your child's teeth.

Try to reduce the amount of sugar your child eats.
Aim to keep sugary food to mealtimes and encourage your child to drink milk or water.

SUGAR IS IN ALL OF THESE FOODS AND DRINKS:

- SWEETS & CHOCOLATE
- CAKES & BISCUITS
- SOME SOFT DRINKS - SQUASHES, CORDIALS & FIZZY DRINKS
- SUGARY BREAKFAST CEREALS
- ICE CREAM
- FRUIT IN SYRUP & CANNED IN JUICE
- DRIED FRUIT
- KETCHUP-TYPE SAUCES
- FRESH FRUIT JUICE & SMOOTHIES
- PUDDINGS, BUNS, FRUIT PIES AND PASTRIES
- MILKSHAKE MIXES
- YOGHURT-BASED DRINKS
- JAM & HONEY
- SPORTS/ ENERGY DRINKS

VISIT YOUR DENTIST - IT'S FREE FOR YOUR CHILD

GO FOR REGULAR CHECK-UPS
THIS IS THE BEST WAY OF PROTECTING YOUR CHILD'S TEETH.
SPEAK TO YOUR LOCAL DENTAL PRACTICE OR VISIT
WWW.NHS.UK/DENTIST FOR MORE INFORMATION.

City Health Care Partnership CIC
a co-owned business

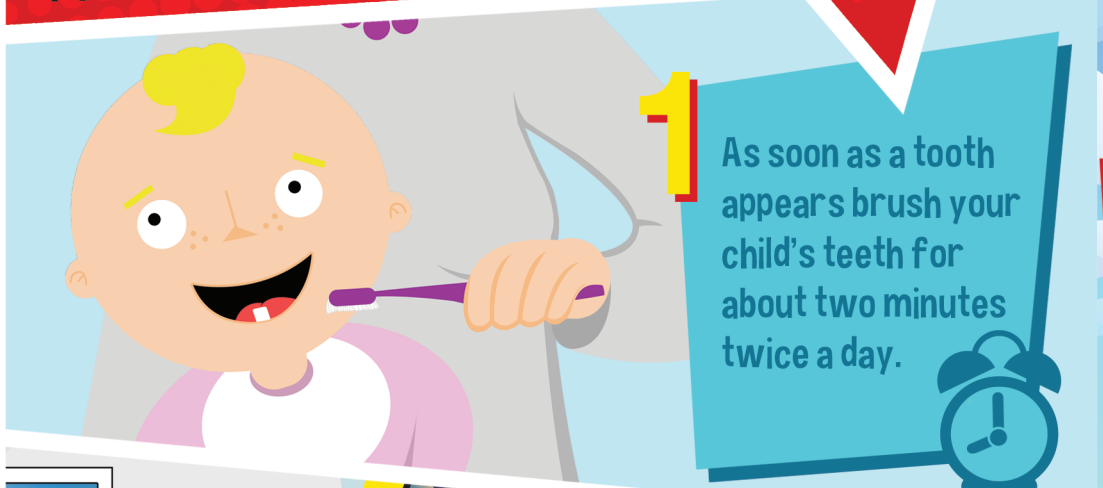
SUPER SPARKLING SMILES FOR YOUR CHILD

This version is adapted from the original material created by Public Health at Barnsley Council 2015.

EAST RIDING OF YORKSHIRE COUNCIL www.chcporalhealth.org.uk

SUPERHERO TIPS

FOR LOOKING AFTER YOUR CHILD'S TEETH



1 As soon as a tooth appears brush your child's teeth for about two minutes twice a day.

2 Try to brush your child's teeth in the morning and just before bedtime. Encourage them to spit out the toothpaste - don't rinse!

3 Take your child to the dentist.

THE SPECIAL POWER OF FLUORIDE VARNISH

Fluoride varnish is one of the best ways to protect your child's teeth, and it's FREE for children.

Fluoride varnish is a sticky gel which is painted onto your child's teeth with a soft brush.
It helps to strengthen the hard surface of the tooth.

Ask your dentist for more information