



MOKO BEAR'S CARE FOR

ORAL HEALTH



GET INTO ORAL HEALTH
It's easy. It's free. And it's never too late to enrol your child.



5 TIPS FOR A HEALTHY SMILE

1. Brush twice a day with fluoride toothpaste
2. Have regular check ups
3. Lift the lip every month to check your child's teeth and gums
4. Choose healthy snacks
5. Drink water or milk

DAILY CARE OF YOUR TEETH

- Brush your teeth after breakfast and before bedtime is recommended
- Use dental floss daily
- Just spit - don't rinse
- Rinse your toothbrush with water after use

FLUORIDE AND ITS ROLE IN ORAL HEALTH

Fluoride works in three ways to help protect our teeth from decay:

1. Fluoride makes teeth more resistant to decay by strengthening the tooth surface
2. Fluoride interferes with the growth of the bacteria which cause cavities
3. Fluoride helps to repair the early stages of tooth decay

Eating and drinking increase the acidity in the mouth - this can remove the minerals from teeth, leading to tooth decay

Fluoride toothpaste is an effective method of reducing dental decay. It provides an additional benefit above that of fluoridated water.

CARING FOR BABY TEETH

Sugar in fizzy drinks, fruit juice or sweetened milk can harm your child's teeth.

Babies get holes in their teeth from sucking for long periods of time on bottles containing sweetened drinks or from sleeping with a bottle in their mouth.

If baby goes to sleep with a bottle in their mouth, they produce less saliva to wash away the acid that causes decay.



WHAT WE DO TO HELP



Is your child enrolled with TALK TEETH (0800 825 583)
It's easy. It's free. And it's never too late to enrol



Update your details - Remember to update your address when you move so the dental services can update your records for making contact with you for annual checks

For more information

CALL US FREE ON 0508-4-iMOKO (44 66 56)

THE WORK OF SALIVA

Saliva is the body's natural defence against tooth decay. It constantly replaces the minerals in teeth and washes away the acids. To give saliva a chance to work, limit the number of times your child eats during the day. Give teeth a rest from sugar. Offer healthy snacks between meals.

CARING FOR TEETH AT SPORT

WHAT TO DO IF YOUR CHILD DAMAGES THEIR TOOTH AT SPORT

If a tooth is knocked out, put it back in the socket if you can. If you can't, keep the tooth moist by putting it into the child's mouth next to their cheek or in a cup of milk. Take your child to a dentist as quickly as possible as they may be able to save the tooth.

OUR RECOMMENDATIONS FOR HEALTHY TEETH



Choose water - it's fresh and free - water or milk is best for your child, not sugary, fizzy drinks or juices.



Teeth Friendly Snacks - Bread, Cheese, Raw Vegetables, Unsweetened and unsalted popcorn, Nuts, Yoghurt

HEALTHY TEETH PLAY AN IMPORTANT ROLE IN A CHILD'S DEVELOPMENT