



## THE BLOCKLEY PARTNERSHIP

*Working together for your dental health*

### Dental Care for Children

At the Blockley Partnership we like to see your children from a very early stage so that they can quickly get used to the new sights, sounds and smells of the dental practice. Family appointments can be made and very young children can sit on your lap while the dentist checks their teeth.

A child's first visit to the dentist should be a happy experience so do not wait for a problem before making an appointment.

Children are generally unable to clean their own teeth properly until they are at least 8 years old. Before this they will need help. It is important that "milk teeth" are well looked after. As children grow, a regular mouth cleaning routine using fluoride toothpaste should be encouraged.

### Why do children need fillings?

Children often eat things that encourage tooth decay and do not clean their teeth as well as they should. Daily brushing with fluoride toothpaste, cutting down on the number of times sweet foods and drinks are taken each day, and using fluoride supplements as directed by us will do much to reduce tooth decay. Ideally an adult should brush the child's teeth until at least 8 years of age.

Remember that dental decay is entirely preventable and our goal at the Blockley Partnership is a decay-free mouth.

Your dentist may suggest a preventive treatment called fissure sealing. This is a simple and effective way of preventing decay on the biting surfaces of the back teeth by painting on a protective coating that helps prevent bacteria attacking the tooth. Not all teeth will need a sealant, and we will advise what is best for your individual child's teeth.

We would be happy to discuss your child's needs during their visit to us so that our dental team can provide the best possible care.

Encourage your child to follow these simple steps for healthy teeth and gums.

1. Avoid frequent snacking and restrict items containing sugar to meal times only.
2. Clean teeth and gums thoroughly at least twice a day. Remember each tooth has five surfaces which need cleaning with adult supervision and help.
3. Use an approved fluoride toothpaste as it protects against decay. Children's toothpaste should be used until the child's seventh birthday.
4. Visit your dentist regularly.

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