



FOXBOROUGH PRIMARY SCHOOL

ORAL
HEALTH

Healthier Mouths brings Healthier Lives



Workshop for Parents



Aims

- To understand how dental health is a serious issue among children
- To understand how poor oral hygiene affects your child.
- To provide information leaflets for parents
- To provide an opportunity for questions

The importance of oral health

Establishing good oral health habits at an early age means that children have a better chance of keeping their teeth healthy all their lives.

Children are dependent on their parents/caregivers for oral hygiene and food choices. If we can help to make healthier lifestyle choices for teeth and oral health, we can really make a difference in children's oral health along with other positive differences to other aspects of their overall health.





Party time!

We often see party favours have moved on from toys to edible goodies. It's worth looking at how much sugar they are being given.

This cone of sweeties comes from a birthday party as a gift to all children... The cone weighs 771g





Can you guess how many grams or cubes of sugar is in each item?

LOLLIPOPS

SHELLED SWEETS

MARSHMALLOWS

FOAM SHRIMPS
AND BANANAS

FIZZY & PLAIN
GUMMY SWEETS



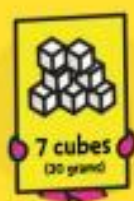
The maximum recommended daily amounts of sugar are:



4 to 6 years old: 19 grams (5 cubes)



7 to 10 years old: 24 grams (6 cubes)



11 and older: 30 grams (7 cubes)

Blank blue box for recording the amount of sugar in the items.

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Can you guess how many grams or cubes of sugar is in each item?

LOLLIPOPS

FOAM SHRIMPS
AND BANANAS

SHELLED SWEETS
0.5g of sugar each
- 8g / 2 cubes

MARSHMALLOWS

FIZZY & PLAIN
GUMMY SWEETS



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AND BANANAS

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- 8g / 2 cubes

MARSHMALLOWS
4g of sugar each
- 44 g / 11 cubes

FIZZY & PLAIN
GUMMY SWEETS



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FIZZY & PLAIN
GUMMY SWEETS
12.7g of sugar each
-535.8g / 134cubes



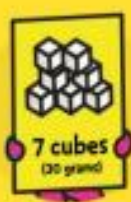
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Blank blue box for recording the answer for Lollipops.

Blank blue box for recording the answer for Foam Shrimps and Bananas.



Can you guess how many grams or cubes of sugar is in each item?

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MARSHMALLOWS
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FOAM SHRIMPS
AND BANANAS
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FIZZY & PLAIN
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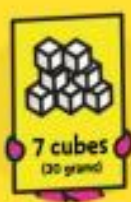
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Can you guess how many grams or cubes of sugar is in each item?

LOLLIPOPS
12g of sugar each
-36g / 9 cubes

FOAM SHRIMPS
AND BANANAS
1.6g of sugar each
-40.5g / 10cubes

SHELLED SWEETS
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MARSHMALLOWS
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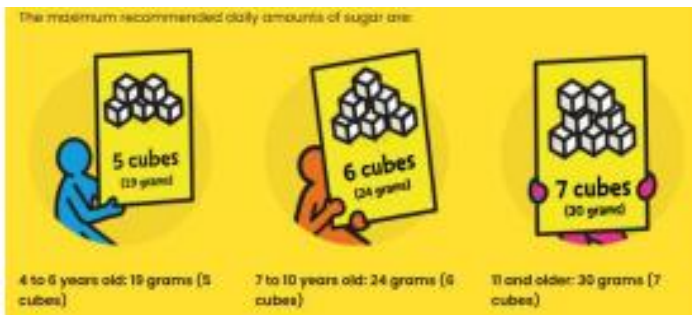
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GRAND TOTAL OF 664.3g / 166 CUBES OF SUGAR





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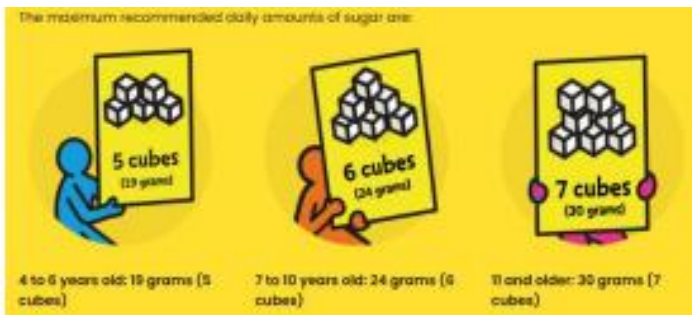
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This party cone contains almost 28x of a 7-year-olds daily recommended sugar allowance.



Dental health:

Major factors affecting oral health

Over the past year Slough Healthy Smiles have been working in partnership with Slough Borough Council to improve children's oral health in Slough. 41.5% of 5 year olds in Slough suffer with decay compared to a national average of 23%. Around 26% of the three year olds in Slough have tooth decay. Many of these children with decay will require a general anaesthetic to remove the decayed teeth.

Serious personal hygiene issues and routines

Poor diet/
eating habits



To maintain personal
hygiene issues and
routines...

Oral Hygiene

cleaning between your teeth
once a day with floss or
another interdental cleaner



Use mouthwash to remove
food particles left after
brushing and flossing.



Brush your teeth at least twice
a day for two minutes each
time.



Use a soft-bristled brush and
fluoride toothpaste.



To develop good diet and food habits...

What we eat will affect directly on our dental health. Food items like chocolate, carbonated beverages, fast food and other similar food items will cause cavities. So try to keep track on the kid's eating habits and motivate them to take nutritious food. Although it is a little bit difficult to develop these habits but we can encourage them by explaining the interesting benefits of nutritious food.



Visit dentist for routine checkup



Besides developing all these good habits for dental health it is a good idea to visit a dentist at least once when your child is 2 years to ensure that he/she is not suffering from any dental-related issues.



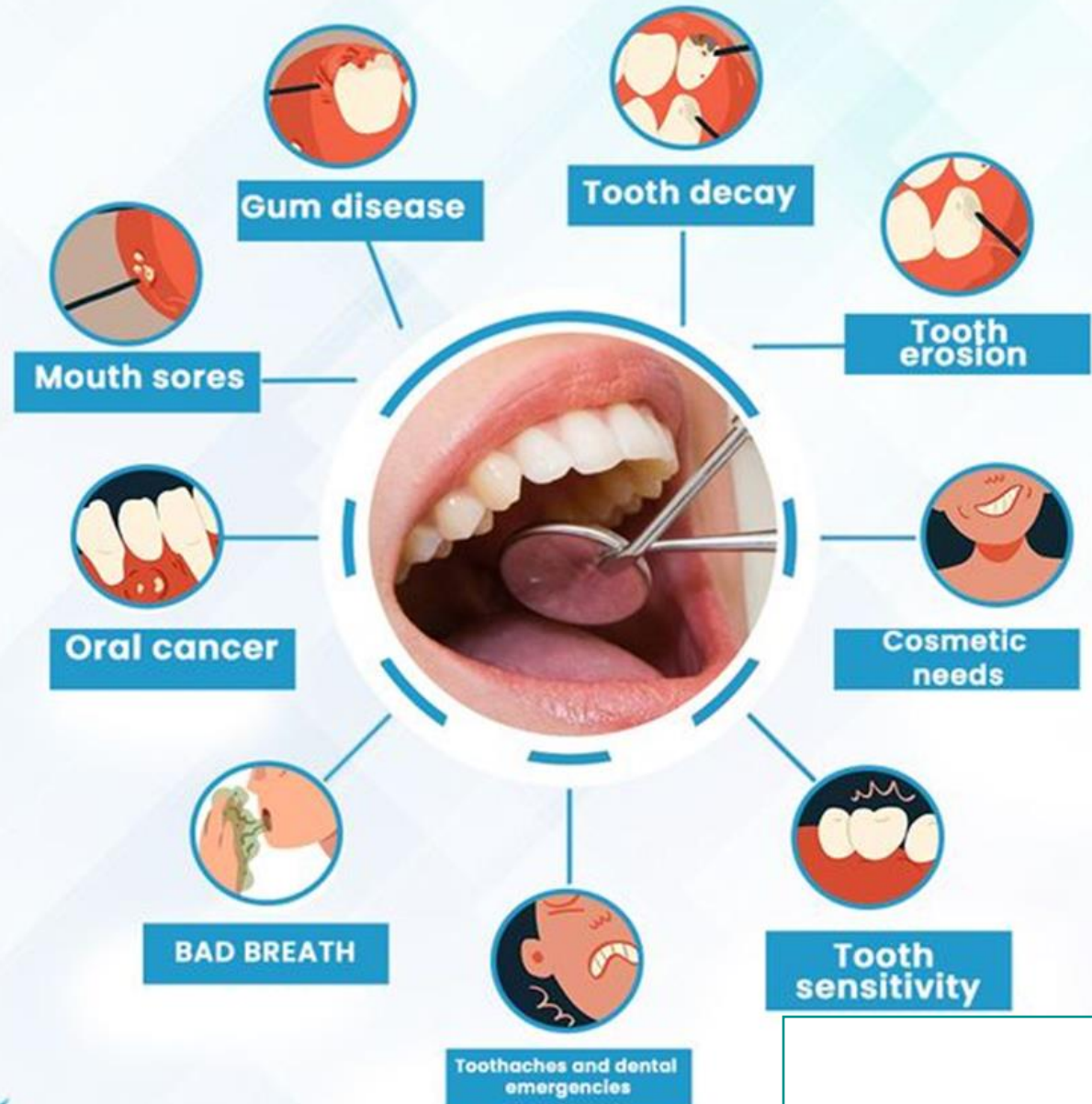
How Poor Oral Hygiene Affects Your Child





Slough Healthy Smiles

9 Most Common Dental Problems





**Poor oral hygiene associated
with risk of several chronic
diseases**



<https://www.youtube.com/watch?v=ONmbunZCGbw>

Slough Healthy Smiles




Digestive Issues



Poor oral hygiene is usually followed by digestive problems. For starters, if your kid has gum disease or tooth decay, they will be unable to chew their food correctly. And these orthodontic issues have a direct impact on the digestive system. As a result, individuals may endure abdominal pain as well as ingestion. Other symptoms include gastrointestinal complications as well as acute vomiting.



Low Self-Esteem

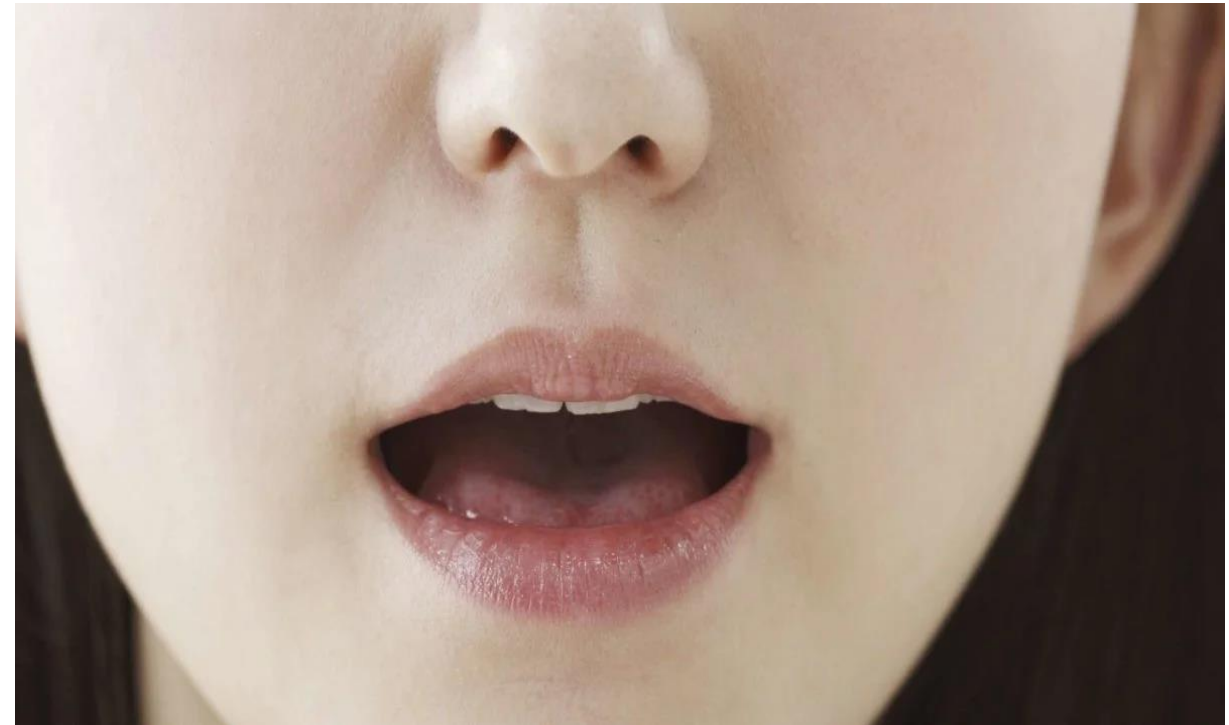


Low self-esteem is fairly typical among youngsters who have orthodontic difficulties. And this is one of the emotional and psychological consequences of poor oral hygiene. If the youngest is suffering from an open bite, it's likely that they don't have the confidence to smile. And this has a direct impact on their performance, and disruption their emotional stability.



Some oral difficulties might have a direct impact on a child's speech. It has a particular impact on how a youngster pronounces specific words. As a consequence, your youngster may hideaway from social activities, resulting in psychological instability. In such cases, we urge that you seek professional treatment as soon as possible.

Difficulty with Speech





Respiratory Diseases

You may be startled to learn that poor dental hygiene can also contribute to respiratory illnesses. For clarity, all of the germs that accumulate in your mouth may readily spread to other regions of your body. And the most frequent goes straight to the lungs, where it may cause a variety of respiratory diseases. Although this is not a common occurrence, you should be cautious and apologetic.

Useful information

Slough Healthy Smiles **Public Health** Slough Borough Council

Healthy Snacks for Healthy Teeth

It's fun to mix and match!

Choose a base

For example:

- Seeded bread or rye bread
- Crackers
- Plain or cheese scone
- Flatbread, toasted pizza.....
- Rice Cake
- Breadsticks
- Potato wedge - Baked. Try sweet potatoes
- Apple slices
- Carrot sticks
- Celery sticks

Try celery sticks or apple with nut butter - delicious!

Add a topping or dip.....

For example:

- Low fat hummus or other dips
- Low fat cream cheese
- Nut butter*
- Tinned tuna, mayonnaise & yogurt
- Cheese
- Boiled egg
- Mashed avocado
- Sliced banana

A portion of fruit, vegetables, nuts or seeds is a healthy snack.....

For example:

- Mixed fruit salad
- Fruit & Greek yoghurt sugar free
- Whole fruit pr
- et peppers
- Cucumber slices or sticks
- Cherry tomatoes
- Cooked sweetcorn
- Almond nuts*
- Pumpkin seeds

Produced by Oxfordshire Community Dental Service

* Beware Nut Allergy. Check whether your child

Slough Healthy Smiles **Public Health** Slough Borough Council

BOTTLES & ORAL HEALTH

Allowing your child to suck on a bottle throughout the night can cause tooth decay, due to the continuous exposure of sugars.

Encouraging the use of a free-flowing cup from the age of 6 months.

You should never put any juice or squash in bottles.

Do not wipe the bottle teat in any sweet items or add honey or fruit to their drinks.

The use of bottles should be discouraged after the age of 1 as this can begin to affect the clarity of your child's speech development.

Speak to your dentist or health visitor for further advice about age-appropriate swapping of bottles to free-flowing cups.

Produced by Oxfordshire Community Dental Service

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AM I BRUSHING CORRECTLY?

- DO SMALL CIRCLES ON EACH TOOTH**
- BRUSH TWICE A DAY**
- BRUSH AGAINST YOUR GUMS**
- BRUSH 2 MINUTES EACH TIME**
- MEDIUM BRISTLED BRUSH**
- THEY SHOULD FEEL SHINY**

Produced by Oxfordshire Community Dental Service

Slough Healthy Smiles **Public Health** Slough Borough Council

DUMMIES, THUMBS & ORAL HEALTH

The routine use of dummies and thumb sucking are known as habits.

DUMMIES

Never put any sweetener onto the teat including honey

You can consider removing the dummy after your child has fallen asleep

THUMBS

Often begins as a soothing mechanism as it is easily available.

Discourage from early age as it can have effects on their adult teeth development.

CONSIDER MAKING AGE-APPROPRIATE CHANGES WHICH CAN BE DISCUSSED WITH YOUR HEALTH VISITOR OR DENTIST.

TIPS AND TRICKS

- Encourage your child by using wall charts and praise over their hand whilst sleeping or bitter tasting nail varnish *AGED 3+ BUT ALWAYS CHECK MANUFACTURERS GUIDANCE*)
- Consider donating their items to 'Santa', 'Easter Bunny' or other children and give them warning to prepare that they are going to do this with their own involvement
- See the dentist for further advice or guards that can discourage or reinforcing the message
- Do not clean the teat of dummies with your own mouth

Produced by Oxfordshire Community Dental Service

Mouth changes

If you are worried about any changes, always speak to your dentist.



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Any questions?