

CASTLE DENTAL CARE

We'll take care of you

Our Mission Statement:

“Our aim is to deliver the highest standard of care in a comfortable and friendly environment.”



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www.castledentalcare.org.uk

Opening Hours

Monday 9am - 5.30 pm
Tuesday 9am - 5.30pm
Wednesday 8.30am - 5.00pm
Thursday 8.30am - 5.00pm
Friday 8.30am - 4.30 pm

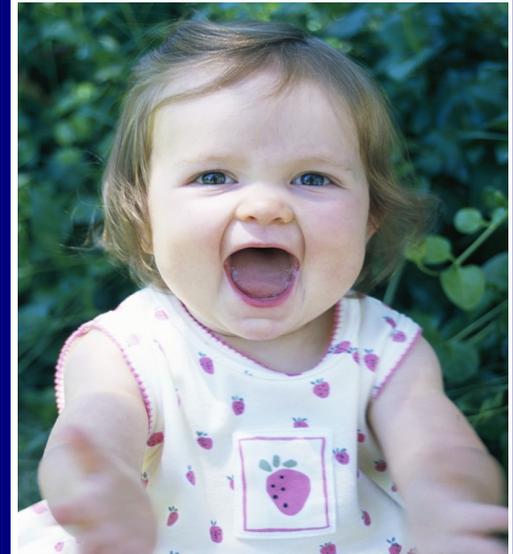
Wheelchair access available



Leaflet Reviewed and Revised 11/12/14

Prevention of Decay In Children

0 - 6 years



Children aged up to 3 years

- Breast feeding provides the best nutrition for babies
- From six months of age infants should be introduced to drinking from a free flowing cup, and from age one year feeding from a bottle should be discouraged.
- Sugar should not be added to weaning foods.
- Parents should brush or supervise tooth brushing
- Use only a smear of toothpaste containing no less than 1,000 ppm fluoride
- As soon as teeth erupt in the mouth brush them twice daily
- The frequency and amount of sugary foods should be reduced and, when consumed, limited to mealtimes.
- Sugars should be limited and not be consumed more than four times per day.
- Sugar free medicines are recommended.



All Children aged 3 - 6 years

- Brush last thing at night and on one other occasion
- Brushing should be supervised by an adult
- Use a pea-sized amount of toothpaste containing 1,350 - 1,500 ppm fluoride
- Spit out after brushing. DO NOT RINSE to maintain fluoride concentration levels
- The frequency and amount of sugary food and drinks should be reduced and, when consumed, limited to mealtimes.
- Sugars should not be consumed more than four times per day
- Sugar free medicines are recommended

Sugary foods should be limited to mealtimes



Source: Delivering Better Oral Health

What to give your child to eat

At this age, children grow very quickly and are usually very active, so they need plenty of calories and nutrients. A healthy and varied diet should provide all the nutrients your toddler needs.

Remember to include these sorts of foods every day:

- Milk and dairy foods - these provide calories, protein, vitamins and minerals.
- Meat, fish, eggs, beans, peas and lentils - these are rich in nutrients such as protein, vitamins and minerals. You can give boys up to four portions of oily fish a week, such as mackerel, salmon and sardines, but it's best to give girls no more than two portions of oily fish a week.
- Bread, and other cereals such as rice, pasta and breakfast cereals, and potatoes, yams and sweet potatoes - these starchy foods provide calories, vitamins, minerals and fibre.
- Fruit and vegetables - these contain vitamin C, and other protective vitamins and minerals, as well as fibre.



Source: Food Standards Agency