

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 revised 21/06/12

**Prevention
of Decay
In Children
aged from
7 years
and
Young adults**



Prevention of decay in children aged from 7 years and young adults

- Brush Twice daily
- Brush last thing at night and on one other occasion
- Use a fluoride toothpaste (1,350 ppm or above)
- Spit out after brushing and DO NOT RINSE
- The frequency and amount of sugary food and drinks should be reduced and, when consumed, should be limited to mealtimes.
- Sugars should not be consumed more than four times per day

Children undergoing orthodontic treatment and those with special needs

- Use a fluoride mouthwash daily (0.05% NaF) at a different time to brushing
- Consider using an oscillating/rotating power toothbrush



What to eat

Older children and teenagers should be eating a healthy balanced diet that matches their energy needs. A healthy balanced diet means a diet rich in fruit, vegetables and starchy foods, that also contains moderate amounts of foods rich in protein, milk and dairy foods.

Foods high in fat, particularly saturated fat, sugar or salt, should only be eaten in small amounts or not very often.

- Milk, cheese, yoghurt, soya beans, tofu and nuts are good sources of calcium, which is needed for healthy bones and teeth.
- Breakfast cereals and margarine that have vitamins added, and oily fish, are good sources of vitamin D. Vitamin D helps keep a good supply of calcium in the blood. The main source of vitamin D is from the action of sunlight on skin, but we should all avoid strong sun, especially around midday, when there is a risk of burning.
- Iron is needed for healthy blood. Research has shown that some young people, particularly young women, are not having enough iron. Meat, particularly red meat, and fish, are rich sources of iron. Pulses (such as beans and lentils), green vegetables, and cereals with added vitamins are also good sources. Liver is another rich source of iron. But having liver or liver products such as pate more than once a week over many years may affect bone health in later life, this is because liver also contains high amounts of vitamin A.
- We should all eat at least two portions of fish a week, one of which should be oily. Fish is a good source of protein, vitamins and minerals and is low in saturated fat. Oily fish are also a rich source of omega 3 fatty acids. Young men can have up to four portions of oily fish a week, but young women should avoid having more than two portions of oily fish a week if they might have a child one day.
- Include foods containing folate - the natural form of folic acid - in your diet, such as green vegetables and brown rice, as well as fortified bread and breakfast cereals.
- Citrus fruit (such as oranges and lemons), tomatoes and potatoes are all good sources of vitamin C, which is essential for health. Vitamin C may help the body absorb iron, so it's a good idea to have fruit juice with an iron-rich meal.

Sources: Delivering better oral health - Department of health / The food standards agency