



Passage House Dental Care

modern dentistry for all

Teeth

Children 3 years to 6 years

Children start to lose their baby teeth as early as 5 years old. New adult teeth will start to show in these gaps. They may notice that their new teeth look a little bit different. The new teeth are bigger for a start!

If not already done so, Dummy and Thumb Sucking needs to be discouraged.

Cleaning

Children in this age group should be supervised with their brushing. It is important that you show them how to clean their teeth well so that no bits are missed. If you are unsure yourself how to clean your teeth really well, ask your dentist who would be happy to show you and your child how to do it. Don't be afraid to ask!

Age specific fluoride toothpaste should be used, unless otherwise advised. Excess toothpaste should be spat out and not swallowed.

Brushing twice a day is essential to establish and maintain a good routine for life. Once in the morning and once at night (just before bedtime, after any milky drinks or food).

Diet

Sugary foods are OK as a treat at some mealtimes but should be discouraged between meals. This will reduce the amount of times their teeth are exposed to sugar. Chocolate is better than jelly sweets or toffee as it doesn't stick in their teeth. Fizzy drinks and squash should try to be avoided (see our information and FAQ sheet above).

Visiting the Dentist

Ensure that your child visits the Dentist regularly. Your Dentist will tell you how often they need to be seen and give any advice on the development and condition of their teeth.

REMEMBER THESE THREE SIMPLE STEPS:

1. BRUSH TWICE A DAY
2. EAT A HEALTHY DIET, NO SUGARY SNACKS BETWEEN MEALS
3. VISIT YOUR DENTIST REGULARLY

Happy Brushing!