



Passage House Dental Care

modern dentistry for all

Teeth

Children 6 years to 11 years

Lots of adult teeth start to come through. Your Dentist will check that they are coming through in the correct order and position.

Cleaning

Children in the lower age range of this group should still be supervised with their brushing at times to ensure that they are thoroughly cleaning their teeth. You can ask your Dentist to show them how to clean their teeth. It won't hurt to be reminded how to do this well.

Brushing twice a day with fluoride toothpaste is essential to establish and maintain a good routine for life. Once in the morning and once at night.

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.

Fizzy drinks are not only sugary but also acidic – which means that it could lead to acid erosion or wearing away of the teeth.

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!

To make an appointment email Or call:

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