



## Navan Road Dental Practice

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### Dietary advice for children

It is impossible to cut out all treats but with a few changes our teeth can be much happier:

Decrease the frequency of eating

Avoid naughty nibbles between meals

Replace snacks with healthy alternatives

Keep treats to meal times

Eat treats all in one go, not slowly over time

Avoid treats that last a long time e.g. jellies & lollipops! Chocolate doesn't last quite as long.  
Raisins stick like toffee in teeth - beware!

Finish off meals with water, cheese or milk

Milk & water are the only really tooth-safe drinks. Even 'no added sugar' juices contain natural sugars-careful!

Water only after the night time brush- not milk

Sugar -free chewing gum is great for making saliva: saliva is great for teeth!



### Tips for healthy teeth

Teeth should be brushed TWICE a day: after breakfast and last thing before going to bed for 2-3 minutes

Toothpaste should contain AT LEAST 1000ppm sodium fluoride (check the ingredients) to have a preventive effect

Toothpaste should be left on teeth to have the best action - Spit don't rinse out

A mouthwash can be used at ANOTHER time during the day e.g. after school, not the same time as brushing

Teeth should be checked by a dentist at least twice a year from 2 years old to promote a healthy smile and happy dental patients!