

# 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](http://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 24/6/10

# 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 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 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 tooth-paste containing 1,350 - 1,500 ppm fluoride
- Spit out after brushing. DO NOT RINSE
- 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  
Department of 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