BrightBites

Healthy teeth for life



BrightBites

Dentaid
The Dental Charity

Registered Charity N° 1075826

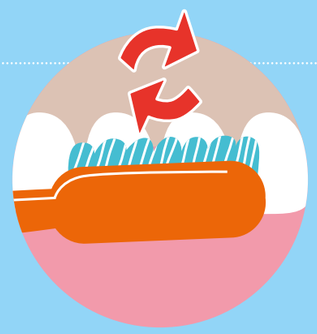
Denplan
Part of Simplyhealth

Dental plaque and toothbrushing

- Plaque is a bacterial film that forms daily
- It sticks to our teeth and along the gum line
- The bacteria convert sugar to acids
- Acids cause cavities



How to brush



- Use a pea-size amount of fluoride toothpaste
- Brush in circles overlapping the gums
- Brush all surfaces inside and out
- Spit the toothpaste - don't rinse it away with water

Brush for 2 minutes twice a day



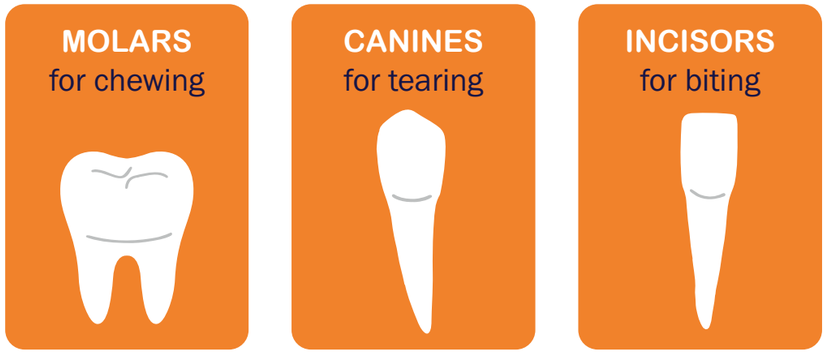
Toothbrushing chart

Tick a box every time you brush your teeth

	Morning	Night
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

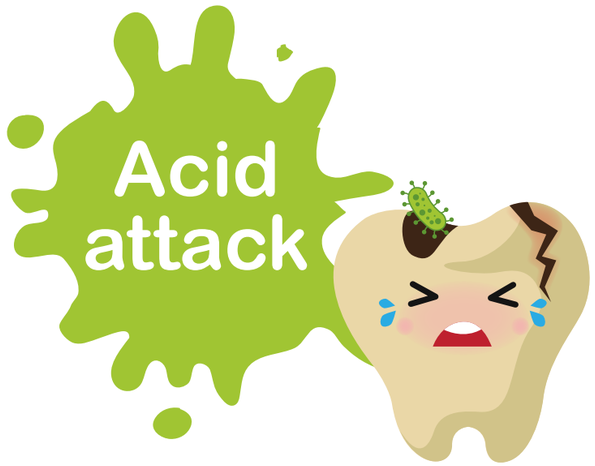
Our teeth and tooth decay

We need our teeth to chew, speak, sing and smile. Take good care of them!



Between the ages of 6 and 12 our teeth get loose and are replaced by permanent teeth.





The outer layer of our teeth is made of strong enamel crystals.

Sugary foods and bacteria produce acid.

Plaque + sugar = ACID

Acid + enamel + time = CAVITIES

Science fact

When we eat sugary foods and snacks, the pH in our mouth turns from neutral to acid.

It takes 20 minutes after we have eaten for the pH to return to neutral.



Fizzy drinks dissolve our enamel

Sugar

A can of fizzy drink has 9 cubes of sugar

Children aged 4-6 should have no more than 19g of sugar a day and 7-10 year olds should only have 24g a day.

That's 5 sugar cubes if you are 4-6 years old



and 6 sugar cubes if you are 7-10 years old.

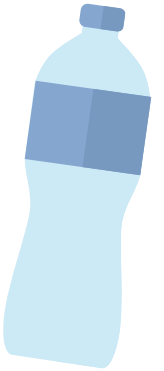


Try to reduce how often you eat sugar



Healthy food choices

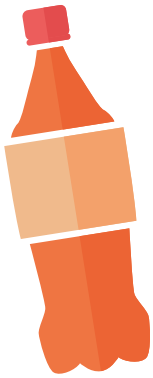
Vegetable sticks, fruit, crackers, yoghurts, milk and water, porridge and toast for breakfast.





Unhealthy food choices

Fizzy drinks, juice and smoothies, cakes, biscuits, sweets and sweet cereals cause cavities.









Content written by Anne M Powders – Dentaid Oral Health Advisor