Effective tooth brushing
Learning Outcomes

- State the key oral health messages, detailing the appropriate advice to give to parents.

- Demonstrate knowledge of toothbrushing techniques.
Session Outline

- Key oral health messages
- Oral Health and Nutrition Guidance
- SDCEP Guidance
- Prevention and management of dental caries
- Standard / Enhanced prevention
- DVD
- First teeth healthy teeth
- Practical tooth brushing tips
- Advice for a parent relevant to age of child – Group discussion
What are the Key Oral Health Messages?

- Reduce
- Brush
- Participate
- Visit
Oral Health and Nutrition Guidance
The daily use of a fluoride toothpaste is a highly effective method of delivering fluoride to the tooth surface and has proved to be a major benefit.
Standard Prevention/ Enhanced Prevention

Standard

ALL children

Enhanced

For children assessed as at increased caries risk

Scottish Dental Clinical Effectiveness Programme

Quality Education for a Healthier Scotland
Prevention and management of dental caries

Defining Needs and Developing a personal care plan

Assessing the child
- parent/carer motivation
- Patient history
- Clinical examination
- Caries risk assessment
  - Managing pain
  - Caries prevention
  - Providing additional support
Standard Prevention

Dietary advice

Fluoride varnish

Toothbrushing

Scottish Dental Clinical Effectiveness Programme
D.V.D

Childsmile programme
First teeth, healthy teeth
A guide for health professionals, parents and carers
The importance of first teeth

Why are first teeth important?

- First teeth are developmentally important for a child’s speech, eating, smile and appearance.

X-ray of 1-month-old baby

X-ray of 3-year-old

Tooth decay is preventable. Keep first teeth healthy!
Eruption dates

Teething

- Watch your baby develop their first teeth.

- Shows new teeth
- Shows existing teeth

- Incisors 6–12 months
- First molars 12–18 months
- Canines 18–24 months
- Second molars 24–36 months
Practical tooth brushing tips

- Action planning

- Consider the following:
  - Childs age
  - Size of tooth brush
  - Amount of tooth paste
  - Positioning
  - Length of time brushing
Caries Prevention Reminder by Age

What information would you give to a parent of a child ages Below?

- 0-1 years
- 2-3 years
- 4-5 years
Feedback
Conclusion

Further reading:

- Childsmile programme manual
- Scottish Dental Clinical Effectiveness Programme
- First Teeth Healthy Teeth NHS Health Scotland
- Scientific Basis for Health Education
Scottish Dental Clinical Effectiveness Programme
www.sdcep.org.uk

Childsmile Programme
www.childsmile.org.uk

First teeth healthy teeth
www.healthscotland.com

Oral Health and Nutrition Guidance
www.healthscotland.com