

# Looking after your child's teeth

Visit a dentist regularly for preventative treatments

## Fluoride varnish

Fluoride varnish is a protective coating that is painted on the teeth. The varnish releases fluoride over a period of time which strengthens teeth and prevents tooth decay.

## What does it involve?

A small amount of fluoride varnish is painted over the tooth surfaces using a small brush, where it dries instantly. It is quick, easy and has a pleasant, fruity taste.

## Is it safe?

**Yes, it is safe. There are no side affects.**

Use of fluoride varnish is part of the Delivering Better Oral Health recommendations, published by the department of Health in 2008.



*Night time is  
the most  
important*

*Spit out after  
brushing...*



*Don't  
rinse*

*Brush twice daily,  
morning and night*

# Looking after your child's teeth

Sugary drinks can cause rapid tooth decay, particularly from a baby's feeding bottle.

Only put milk or water in a bottle and give your baby a free-flow cup from six months

Aim to get baby off the bottle completely by the age of one year



Baby teeth are important for speech and eating. They also keep the space for the second teeth.  
**Tooth decay causes pain and distress - and is easily prevented**

# Increase exposure to fluoride

- **Brush teeth** as soon as they appear in the mouth
- **Use a family fluoride toothpaste** containing 1350 - 1500 ppm of fluoride
- **Do not allow** children to eat or lick toothpaste from the tube
- **It is not necessary** to buy toothpaste specifically for children. Often they contain lower levels of fluoride which are not effective at reducing dental decay
- **Children aged 0-2 years** use a smear of toothpaste
- **Children aged 3-6 years** use a pea-sized blob of toothpaste
- Children's teeth should be brushed by an adult **up to the age of 8 years** and supervised after that age



# Physical activity for early years

Aim for at least each day



each day

Maintains health and weight



Contributes to brain development and learning



Develops muscle and bones



Improves sleep



Encourages movement and co-ordination



Builds relationships and social skills



Active children are healthy, happy school-ready and sleep better

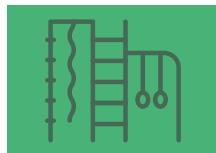
## Move more. Sit less. Play together



Playground



Jump



Climb



Messy play



Throw & catch



Skip



Object play



Dance



Games



Play



Swim



Walk



Tummy time



Scoot



Bike

# How big is a meal portion?

For one and two year old children?

## Fruit and vegetables



**5 per day**

- 1/2 cooked sliced apple
- 1 tbsp canned fruit
- 1 tbsp cooked vegetables
- 5 quartered grapes
- 4 carrot sticks

## Bread, rice, potatoes & pasta



**4 per day**

- 1 slice of bread
- 3 tbsp dry cereal
- 1 small boiled potato
- 3 tbsp cooked pasta
- 2 tbsp cooked rice

## Milk and dairy products



**3 per day**

- 1 small cup of milk
- 1 tbsp unsweetened yoghurt
- 2 small sticks of hard cheese
- 3 tbsp custard

## Meat, fish, eggs and beans



**2-3 per day**

- 1 small slice of chicken
- 2 tbsp fish in sauce
- 1 egg
- 1 tbsp beans or lentils

Meals and snacks should have a mix of these four food groups

# How big is a meal portion?

Use your child's hand size as a measure



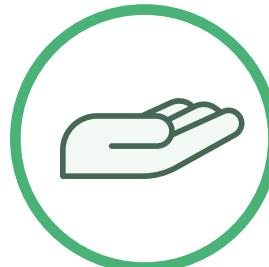
Two half fingers  
for milk and dairy  
products



Balled hand  
for bread, rice,  
potatoes and pasta



Cupped palm for  
fruit and vegetables



Open palm for  
meat, fish, eggs,  
and beans

Remember to offer water with meals!

# How big is a meal portion?

## For three and four year old children?

### Fruit and vegetables



**5 per day**

- 1/2 large sliced apple
- 2 tbsp canned fruit
- 2 tbsp cooked vegetables
- 8 quartered grapes
- 6 carrot sticks

### Bread, rice, potatoes & pasta



**4 per day**

- 1 slice of bread
- 5 tbsp dry cereal
- 2 small boiled potato
- 4 tbsp cooked pasta
- 3 tbsp cooked rice

### Milk and dairy products



**3 per day**

- 1 small cup of milk (150ml)
- 2 tbsp unsweetened yoghurt
- 2 sticks of hard cheese
- 4 tbsp custard

### Meat, fish, eggs and beans



**2-3 per day**

- 1 small slice of chicken
- 3 tbsp fish in sauce
- 1 egg
- 1 tbsp beans or lentils

Meals and snacks should have a mix of these four food groups

# How big is a meal portion?

Use your child's hand size as a measure



Two half fingers  
for milk and dairy  
products



Balled hand  
for bread, rice,  
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Cupped palm for  
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Remember to offer water with meals!