

TAKE TIME



FOR TEETH



September 2020

October 2020.

Dear Parents and Guardians,

Due to the current Covid-19 pandemic the Dental service in Dublin South West and Kildare West Wicklow is restricted in line with the Department of Health and Irish Dental Council guidance. We would like to assure you that these measures are aimed at minimising the infection risks for patients and staff.

It is vitally important that you continue to look after your oral health by maintaining a healthy diet and implementing an effective oral hygiene routine. We would like to take this opportunity to offer some diet and dental health advice.

- Always brush your teeth twice a day, in the morning and at bedtime for 2-3 minutes.
- A soft/medium toothbrush is recommended.
- Use a pea sized amount of fluoride toothpaste. (At least 1000 ppm fluoride).
- After brushing, spit out toothpaste but do not rinse.
- Change your toothbrush when the bristles are worn or every season.
- The frequency of sugar causes damage to teeth. Sugar should be kept to mealtimes only.
- Healthy snack options include fresh fruit, plain popcorn, plain yogurt, and raw vegetables such as carrots, celery, cheese, pitta bread, crackers and sandwiches.
- Unflavoured milk and water are the only two drinks that are safe for your teeth.

If you are concerned about your child's teeth or would like further advice, please contact us at Vista Dental Office, 045 920868.

We have attached some useful links below and look forward to seeing you all soon.

<https://www.dentalhealth.ie>

<https://youtu.be/CmJX4GEg-h0>

<http://www.eapdireland.ie/for-parents.html>

Some fun colouring for children: <https://images.app.goo.gl/nakAr9bTad7gJ25v7>

Regards,
Oral Health Promotion Team,
Dublin South West/Kildare West Wicklow.

Aguisín 4

Ceangaltán 1



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Dear Parents and Guardians,

Due to the COVID 19 pandemic we are unable to provide routine dental care at present and many of your children will not have received their dental appointments. Children with additional needs often have an increased risk of dental disease and we would like to take this opportunity to reinforce some diet and dental health advice.

- **Brush your child's teeth twice a day with fluoride toothpaste.** Don't rinse away the toothpaste after brushing. Try to get your child to spit the toothpaste out.
- **Reduce the amount and frequency of sugar.** Unflavoured milk and water are the only tooth friendly drinks.
- **Limit sugars to mealtimes** and try to make snacks between meals sugar free.

If you are concerned about your child's teeth or would like further advice please contact the Dental Office on 045 920868 or by email to eleanor.jones@hse.ie

Attached some useful links below and look forward to seeing you all soon.

<https://www.dentalhealth.ie>

<http://www.eapdireland.ie/for-parents.html>

<https://www.brushmyteeth.ie/>

<https://www.bspd.co.uk/Portals/0/BSPD%20Advice%20for%20parents%20of%20children%20with%20autism%20Jan%2017.pdf>

<https://www.ncn.ie/images/parents/teethmatter.pdf>

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Dublin South West/Kildare West Wicklow.