



BSDHT

First Smiles

Whether it's their first tooth or their first visit to the dentist, a child's early experiences of oral health can impact on the rest of their lives.

That's why it is so important to teach them about their mouths and introduce them to good habits as soon as possible.

In June of each year the British Society of Dental Hygiene & Therapy runs First Smiles, a campaign aiming to introduce oral health education to young children.





The BSDHT



@bsdht



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This is carried out by dental hygienists and therapists volunteering to visit their local schools, encouraging a community aspect to dental care.

First Smiles will not only help teach children more about their oral health but the campaign will also help them to familiarise themselves with what is needed in order to develop and maintain a healthy mouth.

Top 3 interventions for preventing tooth decay

1



Reduce the consumption of foods and drinks that contain sugars

2



Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse

3



Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste



3 to 6 year olds should use a pea sized amount



Parents/carers should brush or supervise tooth brushing until their child is at least 7

Graphic source:

<https://www.gov.uk/government/publications/health-matters-child-dental-health/health-matters-child-dental-health>