iCAN look after my Child's Dental Health with JIA, JHS & TMJD

JIA, JHS & TMJD can affect your child's dental health. Cleaning can be more difficult leading to plaque being left in the mouth and a higher risk of dental decay or gum disease.

Visit your child's dental team every 6 months for advice and a check up. Ask for shorter appointments & rests during the appointment. Reschedule if your child's joints are painful.
Children

**iCan manage my child’s Dental Health during a flare up**

😊 Follow this card to develop a dental health flare plan.

😊 Develop a routine & listen to your child if it's not working.

😊 Have your child sit rather than stand while brushing.

😊 Help your child with brushing.

😊 Always brush twice a day with a fluoride toothpaste (at least 1,000ppm) for 2-3 minutes. Spit don't rinse.

**iCan help my child make healthy choices**

😊 Offer healthy snacks such as fruit between meals. Limit sweets and sugary drinks, and only have at mealtimes.

😊 Unflavoured milk & water are the best drinks.

😊 Choose healthy or non food rewards e.g trip to the park, stickers, movie night.

😊 Read food labels for sugar content. Less than 5g per 100g is low sugar.

😊 Always make sure your child wears a mouthguard when playing sports.

**iCan manage my Child’s Dental Health with TMJD**

😊 Seek tailored advice from your child’s dental team. Have a daily care plan in place.

😊 Give your child soft foods to eat. Avoid chewing gum, toffees, hard rolls or large sandwiches.

😊 Daily TMJD physio - hold a cold or warm flannel to your child's jaw & do some gentle jaw stretches. Massage the muscles around the jaw.

😊 Show your child how to protect the TMJD during yawning by holding both hands or a closed fist under the jaw.

😊 Grinding teeth or clenching of the jaw can be a sign of stress. Beware of possible causes of stress e.g bullying, school work.

😊 Ensure your child wears their prescribed bite appliance.

**General Tips**

😊 Some medications can cause dry mouth. To help manage this, give your child water to sip & use an oral lubricant. Avoid giving sweets to suck or sugary drinks as they can cause decay.

😊 Choose sugar free medicines where available. If not available, encourage your child to rinse with water after taking medication.