



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.



www.dentalhealth.ie



Dental Health Foundation
Ireland



**For tips please
turn over**

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.