

8-12 years old

Your smile is amazing!

Your smile is one of the first things that people notice about you – here are some tips for great oral health to help prevent tooth decay, tooth wear and gum disease.



DHF
Dental Health
Foundation
Ireland

By the age of 12, most children will have all their adult teeth with the exception of wisdom teeth. Biting or chewing food may be difficult when you are missing a tooth so take extra care when doing so.

Tooth Tips

- Brush your teeth for 2-3 minutes twice daily, using a pea-sized amount of fluoride toothpaste and replace the brush when the bristles are worn.
- Fluoride keeps teeth strong and helps prevent tooth decay. Check that your toothpaste has at least 1000ppm fluoride.
- Using a soft toothbrush with a small head, clean every tooth, front and back, spit, but don't rinse afterwards.
- Floss daily to remove particles of food that may have become trapped and can cause gum inflammation, tooth decay and bad breath.

Diet Tips

- Choose healthy snacks and drinks between meals such as whole fruit. Limit sweet drinks and food to portions at mealtimes e.g. juice/ smoothie – one small glass per day with a meal.
- Avoid fizzy drinks which can cause a tooth acid attack, decay, and tooth wear. Unflavoured milk and water are the most tooth friendly drinks.
- Read food labels for sugar content (less than 5g per 100g is considered a low sugar).

Things to Consider

- Wear a mouth guard when playing sports to reduce the risk of dental injury.
- Let your loose teeth fall out naturally and avoid pulling or fiddling with them.
- Visit your dental team at least once a year for a check-up.