Thumbs up for Oral Health!

Diabetes and your Child's Oral Health

If your child's diabetes is not well controlled they are at a higher risk of developing oral health problems such as gum disease, dry mouth and oral infections.

Helping your child develop a good oral hygiene routine, controlling their blood glucose level and regular visits to their dentist will help reduce your child's risk.
It is important to bring your child to visit the Dentist every 6-12 months from the time their first tooth appears. Always advise your dentist that your child has diabetes.

**Tooth Tips 0-2 years**

😊 Use a clean damp cloth to clean baby's gums after a feed.
😊 When first tooth appears brush twice a day with a soft brush and water.
😊 Don't use toothpaste unless advised by a dentist.

**Tooth Tips from 2 years**

😊 Brush twice a day, at bedtime and one other time during the day for 2-3 mins.
😊 Use a pea-sized amount of fluoride toothpaste (at least 1000ppm) and a soft/medium brush.
😊 Help your child with brushing.
😊 Spit, don't rinse after brushing.

**Diet**

😊 Frequent snacking on sugary foods & drinks can cause tooth decay. Choose healthy snacks e.g. whole fruit, low fat cheese & crackers, natural yoghurt.
😊 Rinse your child's mouth with water after taking fast acting carbohydrates e.g hypoglycemia treatment.

**Gum Disease**

😊 Children with diabetes have a greater risk of gum disease. Gum disease can make it more difficult to control diabetes.
😊 Signs of gum disease are gums that bleed when brushed, receding gums & bad breath.
😊 Good oral hygiene & controlling your child's blood glucose can help reduce their risk.

**Dry Mouth**

😊 Dry mouth increases the risk of tooth decay. Saliva substitutes and sipping water can help relieve dry mouth. Sugar free gum can increase saliva production.
😊 Avoid sucking sweets or drinking sweet drinks as these can cause tooth decay.

**Infection**

😊 Those with diabetes have a higher risk of oral infections such as thrush.
😊 Signs of thrush are white or red patches in the mouth. Talk to your G.P or Dentist. Risk factors for thrush are high blood glucose levels and frequent antibiotic usage.