



your body matters



Parent Handout 3 – Oral Health

Nourishing Body & Mind for a Healthy Life

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023

Oral Health

A regular teeth-cleaning routine is essential for good dental health and ensuring your child's teeth develop and remain strong for adult life. It is important to brush teeth twice a day, with the second brush before bed, for two minutes using at least a 1000ppm fluoride toothpaste, as this helps prevent and control tooth decay. Parents or carers should supervise children when brushing their teeth, especially for children under 7.

Try to make tooth brushing fun for your child by using an egg timer, a song to brush along to or use a sticker chart to reward for brushing.

Visiting the dentist

NHS dental care for children is free in Scotland. Children should visit the dentist when their first milk teeth appear and should continue to visit for regular check-ups.

A healthy balanced diet

A balanced diet, low in sugary drinks and snacks will help to prevent tooth decay. Try to encourage your child to drink plain water or milk in between meals and to snack on fruit, vegetable sticks, breadsticks or plain yoghurt.

Further support

Find out more about dental hygiene:

[Your child's oral health | NHS inform](#)

[Childsmile – Improving the oral health of children in Scotland \(nhs.scot\)](#)

Find a dentist near you:

[Dental services | NHS inform](#)

Teeth brushing songs:

[Brush Your Teeth | Kids Songs | Super Simple Songs - YouTube](#)

[Tooth Brushing Song by Blippi | 2-Minutes Brush Your Teeth for Kids - YouTube](#)

Parental Notes:



