

Tips for good dental health

- Brush teeth twice a day for two minutes each time.
- Spit out the toothpaste when you have finished brushing. Do not rinse your mouth with water.
- Use a smear of toothpaste for children younger than three-years-old when brushing. The toothpaste should contain a minimum of 1000ppm fluoride.
- Use a pea-sized amount of toothpaste for everyone else. The toothpaste should contain a minimum of 1350ppm fluoride. This can be found on the side of the tube.
- Keep sweets to mealtimes and have healthy snacks like cheese, crackers, fruit and vegetables.
- See your dentist as often as they recommend.
- Reduce the amount of sugar in your diet.
- Regular visits to the dentist can identify problems before they get really bad and means they can be treated.



Local dentists in your area

Everyone should have access to good quality NHS dental services. You do not need to register with a dentist.

Simply find a practice that's convenient for you, whether it's near your home or work, and phone to see if any appointments are available.

If you need help to find a dentist, phone NHS 111.

This service is provided by
Kent Community Health
NHS Foundation Trust

Supported by
 Hackney

Dental Services are commissioned by NHS England.

Do you have feedback about our health services?

Phone: 0800 030 4550, 8.30am to 4.30pm, Monday to Friday
Text: 07899 903499

Patient Advice and Liaison Service (PALS)

Trinity House
110-120 Upper Pemberton
Ashford
Kent
TN25 4AZ

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Dental health information for
the Charedi Jewish community



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Diet

A high sugar diet can cause tooth decay in adults and children.

Reduce sugar and honey in your cooking, as well as sweets and sweet drinks, especially for young children and limit these to meal times.

Your family's diet should include healthy nosh like cheese, crackers, vegetables, fruit and low sugar drinks like water and milk.



Fluoride

Fluoride makes teeth stronger and prevents decay.

Fluoride is in toothpaste. Certain brands have enough fluoride to effectively protect teeth, if used regularly.

You don't have to buy different toothpastes for children and adults. All you need is to vary the amount you use; a smear of toothpastes for children under three-years-old and a pea-sized amount for older children and adults.



Tooth brushing

Tooth brushing helps to remove bacteria, which cause tooth decay and gum disease. You should brush your teeth twice a day – once before bed and once at another time during the day. Older children and adults need to brush for two minutes each time, so you remove all the bacteria.

Brush your teeth by moving your toothbrush in small circular movements, don't scrub. When you finish brushing, spit out rather than rinsing with water.

Change your toothbrush every three months and don't forget to clean your tongue as well. Supervise tooth brushing until your child is seven or eight, either by brushing their teeth for them or watching how they do it if they are brushing themselves.

Dental visits

Many high street dentists now open after school hours and at weekends.

Most dental problems start with discomfort and pain may only come when it is too late. You should see your dentist regularly.

Regular check-ups are important to identify any problems. The dentist will suggest how often you should attend. Dental treatment is free for children under 18-years-old, women in certain stages and mothers with babies under one. Some people who receive state benefits may be eligible – please check this with your dentist.

Regular dental visits are also important for women in certain stages because bleeding gums can occur, which should be checked by the dentist.

Fluoride application programme in schools

Hackney has commissioned a schools-based fluoride programme called Hackney Healthy Smiles.

The programme can help reduce the risk of tooth decay in young children.

Hackney Healthy Smiles is open to all schools in the City of London and Hackney, including Charedi schools. All parents must sign the consent form if they wish their child to take part in the programme.

Parents can make a real difference to their children's dental health. If you follow the simple tips and advice you can help reduce the risk of developing dental problems in your family.