

## Useful information

<b>Ashton, Leigh &amp; Wigan</b>	Leigh Health Centre	01942 483401
	Pemberton Health Centre	01942 481930
<b>Bolton</b>	Lever Chambers	01204 462730
<b>Chester</b>	The Fountains Health Centre	01244 385563
<b>East Cheshire</b>	Dene Drive Primary Care Centre, Winsford	01606 544188
<b>Halton</b>	Hallwood Health Centre	01928 593400
<b>St Helens</b>	St Helens Dental Clinic	01744 731395
<b>Stockport</b>	Kingsgate House	0161 2044720
<b>Tameside &amp; Glossop</b>	Ashton PCC	0161 3427150
	Ashton Under Lyne	
<b>Trafford</b>	Seymour Grove Health Centre	0161 7863331
<b>Warrington</b>	Bath St. Health & Wellbeing Centre	01925 867974
<b>Widnes</b>	HCRC	0151 4955042

**Local Community Pharmacy** - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.



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**Bridgewater  
Community Healthcare**  
NHS Foundation Trust

## Community Dental Service

**The good tooth brushing guide for parents and carers of children with additional needs**



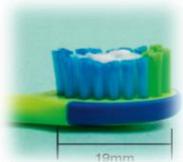
Quality first and foremost

## Advice to help with tooth brushing

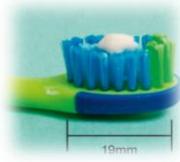
- Start brushing as soon as your child's first tooth appears.
- Brush in the morning and again last thing at night.
- Use a small soft toothbrush or electric toothbrush.
- Use a family fluoride toothpaste – it contains more fluoride than children's toothpaste and will help prevent decay.
- Do not wet the toothbrush.
- Use the correct amount of toothpaste for your child's age.
- All surfaces of the teeth and gums should be brushed gently.
- Encourage your child to spit the toothpaste out or wipe away the excess after brushing. Do not rinse with water or mouthwash.
- Always supervise / help your child during tooth brushing.

## Fluoride

Fluoride helps to strengthen teeth against decay. Use a small amount of family fluoride toothpaste – just a smear for children under three years of age and a pea sized amount for children over three years.



A smear of toothpaste



A pea sized amount

Dentists can prescribe fluoride supplements for those who need extra protection. Children aged over 10 years with a high risk of decay can be prescribed a toothpaste containing higher levels of fluoride.

## Brushing techniques and positioning

- Brushing techniques can be adapted depending on your child's needs.
- Brushing can be done with your child seated or in a standing position. Make sure their head is fully supported.
- You can obtain advice from the dental team about what is best for your child.
- Do not be disappointed if the first technique does not work, advice on other suitable techniques can be given by the dental team.

Remember:

- Start brushing as soon as your child's first tooth appears and use a small soft toothpaste or electric toothbrush.
- Using a family fluoride toothpaste will help to prevent decay.

## Tooth brushing aids

Foam tubing placed on the toothbrush handle can make it easier to hold.

You can also buy plastic grip aids that fit onto the handle. Ask your occupational therapist or the dental team for advice.

There are special toothbrushes that brush three sides of the teeth at once.

The dental team will advise you where you can buy them.

