



3oneone  
dental care

A warm and friendly dental practice, offering the highest quality treatment, the latest techniques, matched with preventative measures, all of which make you smile



## facts about children's dentistry

311 ballards lane  
north finchley  
london N12 8LY  
**T - 020 8445 2722**  
F - 020 8445 1200  
E - [reception@311dental.co.uk](mailto:reception@311dental.co.uk)  
[www.311dental.co.uk](http://www.311dental.co.uk)

## When should a child first go to the dentist?

There is no set age to start bringing a child to the dentist. Visiting us from 2-3 years of age will help a child to feel comfortable in a dental environment. At 3 someone we will give advice on how to care for their little and big teeth.

## Ultrasound scans often catch babies smiling weeks before they are born

### What kind of toothbrush should a child use?

We often get asked if electric toothbrushes are better for children than a manual toothbrush. Each child is different and we will advise on what is best for each child. We recommend a child's toothbrush is changed every 3 months, as a worn toothbrush is not as effective at keeping teeth clean.

## Most 10 month old babies emit a fake smile for strangers, but a genuine smile for their mothers

### How can a parent help?

Ensuring a child does not have frequent sugary snacks and assisting them with toothbrushing are both important and the cornerstones of preventing dental problems.

## Which toothpaste is best for children?

Toothpaste should not be used until a child's baby **back** teeth have come through - at around 1-1.5 yrs old. Thereafter a pea size amount of a children's fluoride toothpaste should be brushed over all tooth surfaces, twice daily.

Encourage children to spit excess toothpaste into the sink. At around the age of 6-7 years of age, when the permanent back teeth come through, children can move onto adult toothpaste, still only using a pea size amount.

## It seems children have the right idea about smiling, they smile about 400 times a day

### How often should a child visit the dentist?

At 3 someone we like to see children 6 monthly so we can give ongoing advice on preventing dental problems. We also routinely carry out sealants to protect the vulnerable areas of permanent teeth. Should any treatment be required it will be done in a caring way taking into account the special needs of younger patients. We will also advise if and when a child needs to see an orthodontist, to straighten crooked teeth and bites.