

Dental health of children in care

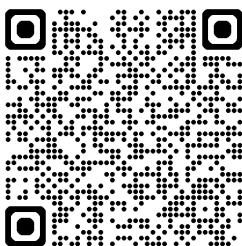


**Information from our children's services
for children, young people and families.**

Contact our Children in Care team:

Telephone: 0300 125 6911

Email: sirona.cicadminbnssg@nhs.net



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Dental Health for Children in Care

Good dental health is important for a child's physical, emotional, social and educational wellbeing.

Tooth decay happens when acids in the mouth mix with sugars from food and drink. This can cause pain, infections, trouble eating and sleeping, and may affect confidence. Children who have decay in their baby teeth are more likely to have problems with their adult teeth later on.

Children in care may be at higher risk because they may not have had regular dental visits or a steady brushing routine.

How to Prevent Tooth Decay

Tooth decay is mostly preventable. You can help by supporting children to:

- Eat and drink less sugary food and drinks. If they do have something sugary, it's better to have it with a meal, not as a snack.
- Brush their teeth twice a day using fluoride toothpaste.
- Attend regular dental check-ups.

Dental Health Services

Dental Health Services Children should see a dentist regularly and follow any treatment plan from the dentist or orthodontist. Carers should try to book appointments with the child's previous dentist if possible, or look for a local dentist first.

Children do not need to register with a dentist in the same way they do with a GP, and there are no catchment areas. You can search for an NHS dentist:

<https://www.nhs.uk/service-search/find-a-dentist>.



If carers cannot find a local dentist who will see the child, their social worker can contact the Children in Care Team (sirona.cicadminbnssg@nhs.net) for a referral to Primary Care Dental Service.

Useful Links

NHS [advice on looking after teeth and gums](#):



Let us know what you think and get involved

Telephone: 0300 124 5300*

Email: sirona.hello@nhs.net

Website: [Link to Sirona website \(sirona-cic.org.uk\)](http://sirona-cic.org.uk)

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

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