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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ পিঙ্কটের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado.

Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں #39۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

Reference: BH/PIN/XXX

Publication date:

All our patient information leaflets are reviewed every three years.

References

A Practical Guide to Children's Teeth. (2019). [ebook] Available at: <https://teethteam.org.uk/resources/BSPD-Practical-parenting-guide.pdf> [Accessed 8 Oct. 2019].

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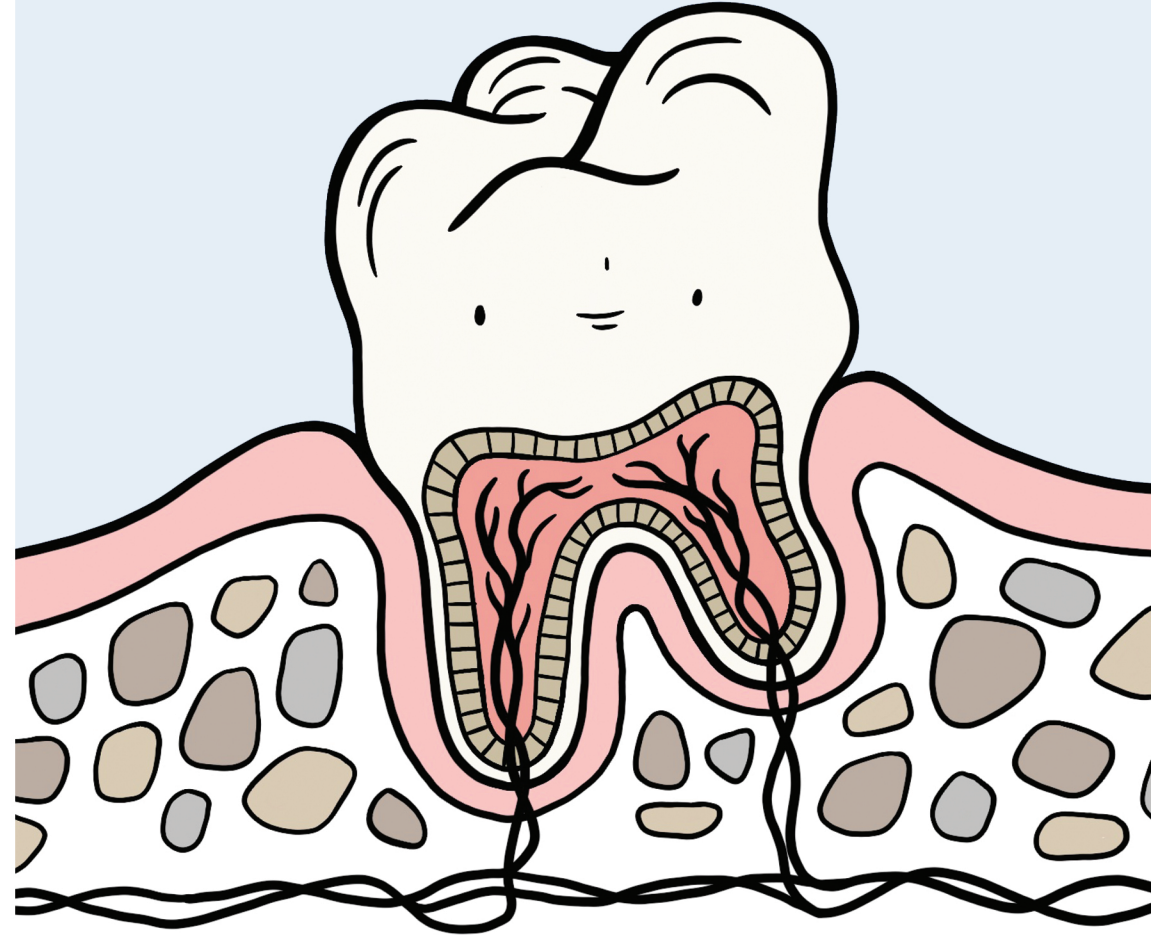
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PATIENT INFORMATION

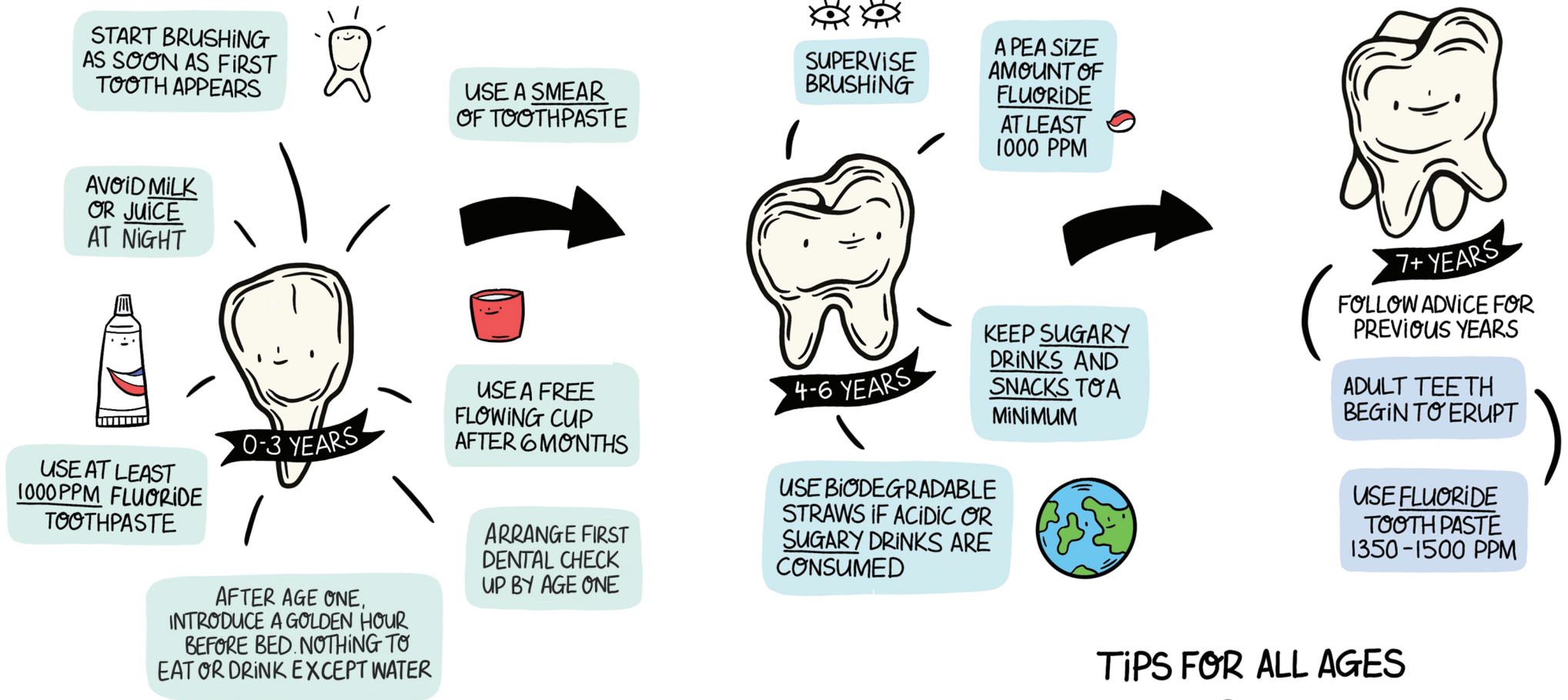
A BRUSHING AND DIET GUIDE FOR CHILDREN



ILLUSTRATED BY LAURA COLLINSON

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TEETH FRIENDLY FOODS

- CHEESE
- CUCUMBER STICKS
- CARROT STICKS
- CELERY STICKS
- ALMONDS
- NO ADDED SUGAR YOGHURT

FOODS TO LIMIT TO MEAL TIMES

- SWEETS
- DRIED FRUIT
- CHOCOLATE

TIPS FOR ALL AGES

- AFTER BRUSHING SPIT DON'T RINSE OUT - TO ALLOW THE FLUORIDE TO STAY ON THE TEETH
 - FLUORIDE HELPS TO PROTECT THE TEETH
 - BRUSH TWICE DAILY ESPECIALLY LAST THING AT NIGHT
 - AVOID SUGARY OR ACIDIC FOODS/DRINKS IN BETWEEN MEALS
 - CHANGE YOUR TOOTHBRUSH EVERY 3 MONTHS
 - WAIT 45 MINUTES TO BRUSH TEETH AFTER FOOD/DRINK
 - USE A TOOTHBRUSH WITH A SMALL HEAD AND MEDIUM TEXTURED BRISTLES OR ELECTRIC
 - ASK YOUR DENTIST ABOUT FLUORIDE VARNISH
 - SUGAR FREE MEDICINES
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