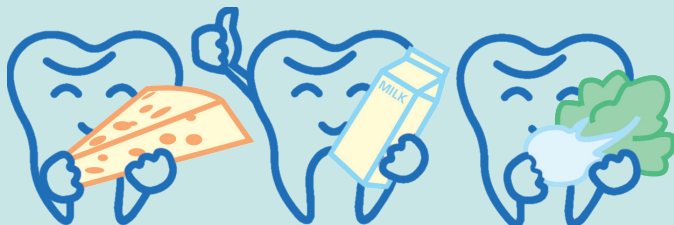


## Food and Drink Advice

- From 6 months– introduce a free flowing cup
- At the age of one year, feeding from bottle should be discouraged
- Night time drinks should be limited to water by one year old
- Sugar should not be added to weaning foods
- Best drinks are water and milk
- Sugary foods, drinks and sweet treats should be limited to meal times
- Have 1 or 2 healthy tooth kind snacks a day
- Best snacks for teeth are; bread sticks, rice cakes, pitta bread, low fat cheese, toast and savoury sandwiches
- Remember 'no-added sugar' diluting juice contains sugar
- Take care with fruit as it contains sugar and acid. Dried fruit is not a good snack for teeth
- If your child requires a medicine, it is beneficial to ask for a sugar free type



## Remember when brushing

- Children aged 0-3 years should use a smear of fluoride toothpaste
- Children over 3 years should use a pea-size amount of fluoride toothpaste
- Spit out after brushing and do not rinse with water or mouthwash after
- An adult should help brush your child's teeth until age 8 and then supervise
- If your child is aged 10+ years, ask your dentist if they are suitable for an extra strength fluoride toothpaste which is available on prescription
- If aged 7 years+, consider using a fluoride containing mouthwash at a different time to brushing

More help with brushing here:  
[bspd.co.uk/kidsvids](http://bspd.co.uk/kidsvids)  
BrushDJ app

## How to contact us:

### Post

Paediatric Dental Department  
Royal Belfast Hospital for Sick Children  
Royal Hospitals  
180-184 Falls Road  
Belfast  
BT12 6BE

### Phone

028 9615 6909

Department of Paediatric Dentistry

# Dental Care for Children With Clefts

Advice Leaflet for Parents and Carers



This leaflet outlines your child's dental journey and provides preventative advice.



Belfast Health and Social Care Trust

caring supporting improving together

## How does a cleft affect the teeth?

A cleft which includes the gums can provide a number of dental problems. Teeth may be missing or there may be extra teeth. Teeth can be different in shape or position especially around the site of the cleft. Your child will be seen regularly by a dentist to ensure they get the right treatment if there are any problems.

## Paediatric Dental Department

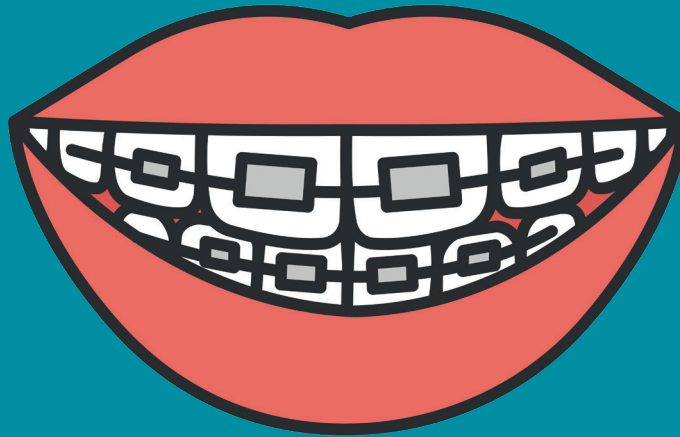
- Your child will be seen by a paediatric dentist in the hospital multiple times throughout their life.
- Often the first visit occurs between age 6 months and 1 year
- Referrals can be made at an appropriate age to orthodontic services if required
- Although you will be seen in the paediatric dental department, it is important you attend your own dentist for 6 monthly check-ups



## Orthodontic Care

Orthodontic treatment may be required and if so it is usually carried out in two stages.

1. Age 7-10 – An orthodontic appliance (braces) may be needed for the top teeth – this prepares the mouth for bone grafting
2. When adult teeth have grown into the mouth– further treatment likely with braces and occasionally with surgery to correct the position of the jaw



## Three Top Tips to Prevent Decay

- Best drinks are water and milk. Drink only water at night
- Sugary foods, drinks and sweet treats should be limited to meal times
- Have 1 or 2 healthy tooth kind snacks a day

## Looking after your child's mouth

- Brush twice a day with fluoride toothpaste of 1450ppm concentration
- Brush last thing at night and at one other time
- Continue to see your dentist regularly

