

# Assessment of Clinical Oral Risk and Need (ACORN)

## We will do it well, once a year

### How we will treat and help prevent tooth decay in children



### Hints and tips for a healthy mouth

- Brush your child's teeth for them until they are aged 7
- Do it last thing at night and once more during the day, using a family toothpaste that contains 1,350 to 1,500 ppm fluoride (fluoride amounts should be on the toothpaste packet or tube)
- If your child is under 3, use just a smear of toothpaste. If they are over 3, use a pea-sized amount
- Make sure they spit, but not rinse, after brushing
- Reduce sugary foods, drinks, sweets and so on. Your child should only eat them as part of a meal
- Don't give your child anything sugary to eat or drink after they have brushed their teeth at night



**Once your child is 4 years old, we will start taking x-rays of their teeth. How often we x-ray will depend on their risk, need and treatment.**

