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 Low risk No decay Active decay We will apply fluoride varnish at least 4 times a year and recommend the following. • Age 8 and over: a daily fluoride rinse We will remind your child that they • Age 10 and over: should have sugar only at mealtimes 2,800 ppm fluoride toothpaste • Age 16 and over: We will apply fluoride varnish to 2,800 or 5,000 ppm fluoride toothpaste children's teeth at least twice a year (children aged 3 and over) • We will keep your child free of pain, try to prevent further decay and review them • We will look at what might be causing your child's tooth decay, for example sugary drinks in bottles, fizzy pop and so on • We will apply fluoride varnish at least twice a year (including for under 3s who are giving concern) • We will look at what might be putting your child at risk of tooth decay, for example sports drinks Crystal

At risk

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.

