

# Thumbs up for Oral Health!



## Diabetes and your Child's Oral Health

If your child's diabetes is not well controlled they are at a higher risk of developing oral health problems such as gum disease, dry mouth and oral infections.

Helping your child develop a good oral hygiene routine, controlling their blood glucose level and regular visits to their dentist will help reduce your child's risk.



[www.dentalhealth.ie](http://www.dentalhealth.ie)  
[info@dentalhealth.ie](mailto:info@dentalhealth.ie)



Dental Health Foundation  
Ireland

Diabetes  
Ireland

[www.diabetes.ie](http://www.diabetes.ie)

For tips please  
turn over

It is important to bring your child to visit the Dentist every 6-12 months from the time their first tooth appears. Always advise your dentist that your child has diabetes.

## Tooth Tips 0-2 years



- 😊 Use a clean damp cloth to clean baby's gums after a feed.
- 😊 When first tooth appears brush twice a day with a soft brush and water.
- 😞 Don't use toothpaste unless advised by a dentist.

## Tooth Tips from 2 years



- 😊 Brush twice a day, at bedtime and one other time during the day for 2-3 mins.
- 😊 Use a pea-sized amount of fluoride toothpaste (at least 1000ppm) and a soft/medium brush.
- 😊 Help your child with brushing.
- 😊 Spit, don't rinse after brushing.

## Diet



- 😞 Frequent snacking on sugary foods & drinks can cause tooth decay. Choose healthy snacks e.g. whole fruit, low fat cheese & crackers, natural yoghurt.
- 😊 Rinse your child's mouth with water after taking fast acting carbohydrates e.g hypoglycemia treatment.

## Gum Disease

- 😞 Children with diabetes have a greater risk of gum disease. Gum disease can make it more difficult to control diabetes.
- 😞 Signs of gum disease are gums that bleed when brushed, receding gums & bad breath.
- 😊 Good oral hygiene & controlling your child's blood glucose can help reduce their risk.

## Dry Mouth



- 😞 Dry mouth increases the risk of tooth decay. Saliva substitutes and sipping water can help relieve dry mouth. Sugar free gum can increase saliva production.
- 😞 Avoid sucking sweets or drinking sweet drinks as these can cause tooth decay.

## Infection



- 😞 Those with diabetes have a higher risk of oral infections such as thrush.
- 😞 Signs of thrush are white or red patches in the mouth. Talk to your G.P or Dentist. Risk factors for thrush are high blood glucose levels and frequent antibiotic usage.