Dental Health Foundation
Ireland

Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Who can use the children's dental service?

- Children under 6 years
- Children attending national school
- Children under 16 years who have attended national school
- Special arrangements can be made for children with special needs

Some useful contact numbers

Northern Area Health Board
Dental Services
- Coolock   01 – 8164232
- Kilbarrack   01 – 8399525
- Blanchardstown   01 – 8212592

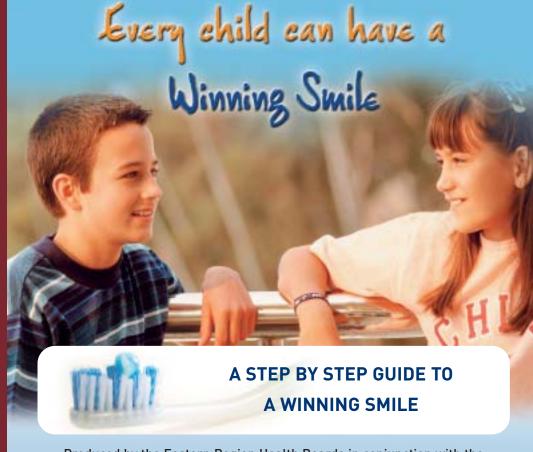**South Western Area Health Board**
Dental Services
- Crumlin   01 – 4154747
- Cornmarket   01 – 6777671
- Naas   045 – 873286

East Coast Area Health Board
Dental Services
- Dun Laoghaire   01 – 2808403
- Wicklow   0404 – 68400

Every child can have a Winning Smile

A STEP BY STEP GUIDE TO A WINNING SMILE

Top Tips for a Tip Top Smile

Do:

- Brush your teeth after breakfast and before bedtime
- Use a pea sized amount of fluoride toothpaste
- A small headed toothbrush with medium / soft bristles is best
- Brush for 3 minutes, the length of a song
- Change your toothbrush when the bristles are worn (every 3 months)
- Wear protective headgear when cycling & a gumshield when playing sport
- Keep your dental appointment

Don't:

- Eat sugary snacks and drinks between meals
- Smoke - it causes stained teeth, bad breath, gum disease & mouth cancer

Tooth Friendly Snacks for a Healthy Smile

- Milk and water are the most tooth friendly drinks
- Fresh fruits are great to eat and full of vitamins
- Cheese or yogurt are good tasty snacks
- Plain or Cheese Popcorn are healthy snacks
- Nuts (whole nuts are not suitable for children under 5)
- Remember pure fruit juices and diluted sugar free squashes are ok at mealtimes

Staying Smoke Free Means

- Clean shiny teeth
- Less chance of mouth cancer or gum disease
- Fresh breath
- Great sense of taste
- Hair and clothes smell fresh
- Skin is clearer
- You stay fit and strong