

## Why do I need to go to the dentist?

We only get 2 sets of teeth- our baby teeth and our adult teeth.

It's very important to take care of our teeth to avoid holes growing in them.

These holes are called cavities and upset our teeth. Cavities and bad gums are caused by nasty bugs in our mouth.

We can stop these bugs by good brushing, a good diet and regular visits to the dentist.



Your dentist will do lots to keep your teeth strong and healthy but you need to help!

## STAY AWAY TOOTH DECAY!

### How to look after your teeth

- ❖ Brushing twice a day for 2 minutes. Remember DO NOT rinse after brushing.



- ❖ Floss to Clean in-between your teeth
- ❖ Eat healthy food



- ❖ Avoid eating and drinking lots of sugar



- ❖ Don't snack between meals.
- ❖ Try not to put things in your mouth- like a thumb!



- ❖ Visit your dentist regularly

## What happens at the dentist?

When you visit the dentist you will be called by the nurse to see the dentist.

The dentist will then let you have a ride on the magic chair.

When you are laying down in the magic chair the dentist will look in your mouth with a tiny mirror which will help the dentist count your teeth!

Normally your teeth will be nice and healthy. However if you have a hole in your tooth it can make your tooth hurt. The dentist will take away the nasty bugs and put some paste on your tooth to try and make your tooth better.

Holes in teeth are caused by sugary and fizzy drinks and not enough brushing.

At the end of your visit you will get a sticker!



## Information for Parents

Here at St Mary's Dental Practice we strive to create a family friendly environment. We want your child to feel happy and relaxed in the dental environment.

### Why are milk teeth so important?

Even though we lose our milk teeth eventually, they provide an important role for maintaining space for the adult teeth to erupt. Children's baby teeth have other uses such as chewing food, speech and a healthy looking smile.

### Tips for bringing your child to the dentist

- ❖ It's a good idea to bring your child along to the dentist from an early age. There will be no pressure for your child to sit in the chair and open their mouth. The most important thing at this stage is getting them used to the environment.
- ❖ Before visits to the dentist we recommend you do research at home so they know what to expect- such as showing them books about visiting the dentist.
- ❖ Let your child bring along their favourite toy it may help them feel more comfortable.
- ❖ Remember dental anxiety is a learnt behaviour. Try and keep the visit as positive as possible.

## Dentists at St Mary's Dental Practice

**Tom Norfolk** BDS MFGDP (UK) RCSEd LLM  
1992

General dental practitioner  
GDC Reg-68112 (Holds NHS contract and practice owner/business partner)

**Nicola Herrington** BDS 1995  
General dental practitioner  
GDC Reg-70894 (Holds NHS contract and practice owner/business partner)

**Marek Klosinski** Lek Stom 2006  
General dental practitioner  
GDC Reg-103317

**Chloe Richardson** BDS 2015  
General dental practitioner  
GDC Reg-258911

**Jaina Shah** BDS 2008  
General dental practitioner  
GDC Reg-154487

**Monika Kuzniewska** Lek Dent 2005  
General dental practitioner  
GDC Reg-101214

**John Wren** BDS 1992  
General dental practitioner  
GDC Reg-68505

**Salman Sheikh** BDS 2018  
General dental practitioner  
GDC Reg-278092

**Suhen Selva** BDS 2019  
General dental practitioner  
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How to keep your  
teeth and gums  
healthy

