

TAKE TIME



FOR TEETH



September 2020

Dear Parents and Guardians,

Due to the current Covid-19 pandemic the Dental service in Dublin South West and Kildare West Wicklow is restricted in line with the Department of Health and Irish Dental Council guidance. We would like to assure you that these measures are aimed at minimising the infection risks for patients and staff.

It is vitally important that you continue to look after your oral health by maintaining a healthy diet and implementing an effective oral hygiene routine. We would like to take this opportunity to offer some diet and dental health advice.

- **Always brush your teeth twice a day, in the morning and at bedtime for 2-3 minutes.**
- **A soft/medium toothbrush is recommended.**
- **Use a pea sized amount of fluoride toothpaste. (At least 1000 ppm fluoride).**
- **After brushing, spit out toothpaste but do not rinse.**
- **Change your toothbrush when the bristles are worn or every season.**
- **The frequency of sugar causes damage to teeth. Sugar should be kept to mealtimes only.**
- **Healthy snack options include fresh fruit, plain popcorn, plain yogurt, and raw vegetables such as carrots, celery, cheese, pitta bread, crackers and sandwiches.**
- **Unflavoured milk and water are the only two drinks that are safe for your teeth.**

If you are concerned about your child's teeth or would like further advice, please contact us at Vista Dental Office, 045 920868.

We have attached some useful links below and look forward to seeing you all soon.

<https://www.dentalhealth.ie>

<https://youtu.be/CmJX4GEg-h0>

<http://www.eapdireland.ie/for-parents.html>

Some fun colouring for children: <https://images.app.goo.gl/nakAr9bTad7gJ25v7>

Regards,
Oral Health Promotion Team,
Dublin South West/Kildare West Wicklow.

Aguisín 4

Ceangaltán 1

TÓG AM



DOD' FHIACLA



Meán Fómhair 2020

A Thuismitheoirí agus a Chaomhnóirí,

De bharr an phaindéim reatha COVID-19 tá srianta ar an tseirbhís fiaclóireachta i mBaile Átha Cliath Thiar Theas agus i gCill Dara Thiar Chill Mhantáin de réir threoir na Roinne Sláinte agus Comhairle Fiaclóireachta na hÉireann. Is mian linn a dhearbhu go bhfuil na bearta seo dírithe ar na rioscaí ionfhabhtaithe d'othair agus don fhoireann a laghdú.

Tá sé ríthábhachtach go leanfaidh tú ag tabhairt aire do do shláinte béil trí réim bia folláin a chothabháil agus gnáthamh éifeachtach sláinteachais béil a chur i bhfeidhm. Ba mhaith linn an deis seo a thapú chun roinnt comhairle aiste bia agus sláinte fiaclóireachta a thairiscint.

- **Scuab do chuid fiacla i gcónaí dhá uair sa lá, ar maidin agus ag am codlata ar feadh 2-3 nóiméad.**
- **Moltar scuab fiacla bog / meánach.**
- **Bain úsáide as taos fiacla fluairíd ar mhéid phise (Ar an laghad 1000 ppm fluairíd).**
- **Tar éis scuabadh, caith amach an taos fiacla ach ná sruthlaigh.**
- **Athraigh do scuab fiacla nuair atá guairí caite nó gach séasúr**
- **Déanann minicíocht siúcra damáiste d'fhiacila. Ba chóir siúcra a choinneáil go ham béilí amháin.**
- **I measc na roghanna sneaiceanna sláintiúla tá torthaí úra, grán rósta, gnáth iógart, agus glasraí amha amhail cairéidí, soilire, cáis, arán pitta, brioscaí agus ceapairí**
- **Is iad bainne agus uisce neamh-bhlaitithe an dá dheoch atá sábháilte dod' fhiacila.**

Má tá inní ort faoi fhiacila do pháiste nó gur mhaith leat níos mó comhairle, déan teagmháil linn ag Oifig Fiaclóireachta Vista, 045 920868.

Tá roinnt nascanna úsáideacha thíos agus táimid ag tnúth le bualadh libh gan mhoill.

<https://www.dentalhealth.ie>

<https://youtu.be/CmJX4GEg-h0>

<http://www.eapdireland.ie/for-parents.html>

Spraoi ag dathadóireacht do leanai anseo: <https://images.app.goo.gl/nakAr9bTad7gJ25v7>

Le gach dea-mhéin,

An Fhoireann um Chothú Sláinte Béil,

Baile Átha Cliath Thiar Theas/Cill Dara, Iarthar Chill Mhantáin.