

Encouraging good eating habits



Your child needs healthy teeth to enjoy their food

Children need to be supervised in brushing their teeth twice a day and they need to go to the dentist once every six months.



- Children are more likely to suffer from tooth decay if they regularly eat sweet foods and drinks.
- Vegetable sticks or pitta bread and a dip, natural yoghurt with fresh fruit, crackers and toast with soft cheese or peanut butter all make healthy snacks.
- Avoid less healthy snacks like dried fruit (best offered at mealtimes), biscuits and chocolate. Sweets do not make good snacks and should be limited.
- Children over a year old should have their drinks from a cup or free-flow beaker.
- Water and milk are the best drinks for young children. Avoid giving juice or squash as part of snack time.

