

PHENYLKETONURIA

Learn with Bristles

A Leaflet for Children



**How to Have Healthy,
Happy Teeth**

Keep your Teeth Clean

Do the Brush-Stroke!

- Brush your teeth twice a day - one of these times should be *after* your last food *and drink* at night.
- Use a small pea-sized amount of fluoride toothpaste suitable for your age.

Eating and Drinking

Your diet is a bit special. What you eat and drink is not always good for your teeth, so try these tips:

- Try to take sweet drinks and your protein substitute at meal times.
Drink water between meals.
- Do not drink your protein substitute from a bottle as this can harm your teeth.

- Fizzy or sweetened drinks and your protein substitute are better drunk through a straw.



Bristles drinks his pop through a straw

- Finish meals with fruit.
- Try to eat sweets at meal times, rather than between meals.

Visit your Dentist

Your mouth needs to be checked by your dentist three times a year.

- Your dentist will be checking for healthy teeth and gums.



Bristles likes going to the dentist

- Your dentist may put a 'plastic' coating on your second back teeth to make them stronger.
- Your dentist will check you are doing the brush-stroke properly!

Brush with Bristles

Do you do the brush-stroke every day?
Here's how you can check.

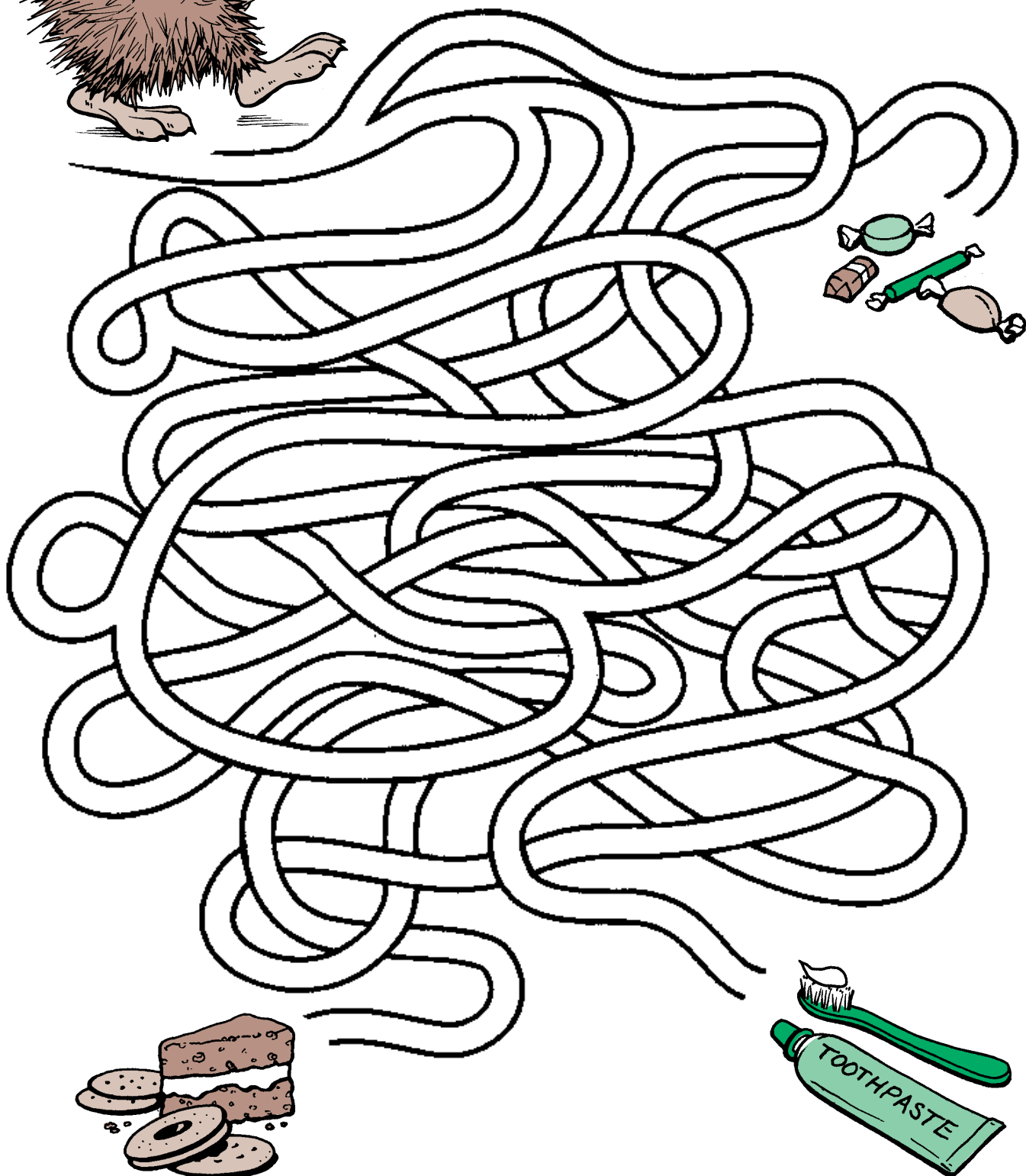
	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
In the Morning							
Last thing at Night							

Tick each box *honestly* every time you clean your teeth each day. Draw a new chart for the next few weeks until you always have 14 ticks. Bristles thinks that would be great!



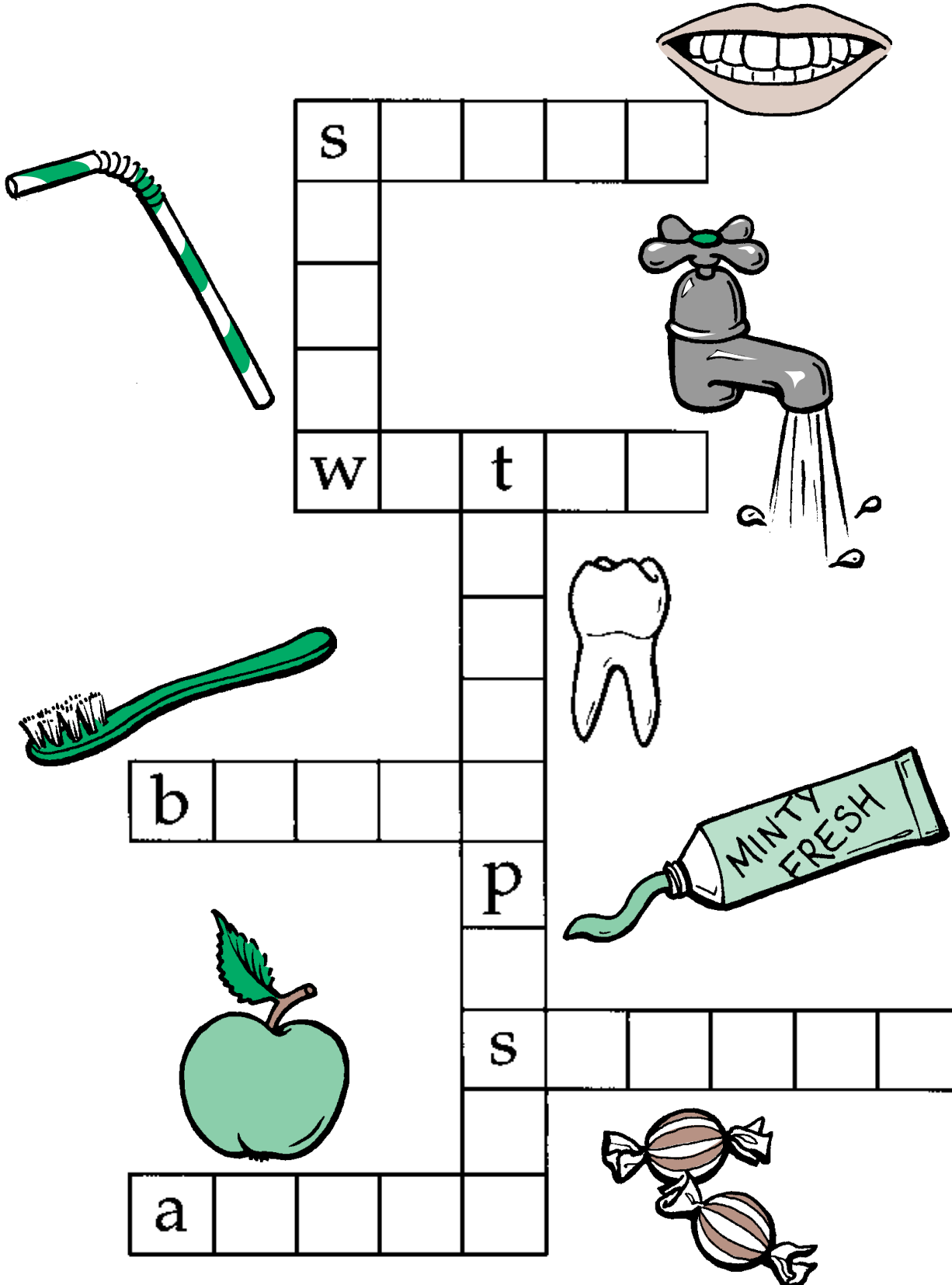
Help Bristles

Use a crayon to help
Bristles find the way
to his toothbrush



Word Puzzle

Complete the words using the pictures as clues to help you.



Your Teeth are Precious

Look after them!



SHS
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✚ N S P K U ✚

The National Society for Phenylketonuria (United Kingdom)

The Society is a registered charity. It offers support to PKUs and their families by producing various publications including a quarterly newsletter, organising formal and informal meetings and conferences.

Further information and details can be obtained by contacting:

The NSPKU Helpline on: 0845-603-9136 e-mail: nspku@ukonline.co.uk

Internet: <http://web.ukonline.co.uk/nspku>

or writing to: The National Society for Phenylketonuria (United Kingdom) Ltd.
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