

Tips for all children

Visit the dentist

- NHS dental treatment is FREE for children under the age of 18
- Take your baby to the dentist at around 1 year so they get used to going to the dentist
- Try to take your child to the dentist at least once a year, or more frequently as recommended by your dentist
- Ask your dentist for prevention advice (including fluoride varnish which protects the teeth)

For further information about NHS dentists in your local area, please refer to:

Website

NHS Choices at **www.nhs.uk**



Leaflet produced in collaboration with
Public Health England

Healthy Teeth Healthy Smiles

Tips for looking after children's teeth



Tips for children up to 3 years

Feeding babies and infants

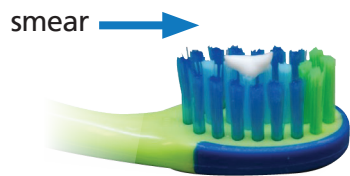
- Breastfeeding is good for babies
- From six months, infants should be introduced to drinking from a cup
- It is advised that sugar is not added to weaning foods – this may encourage a sweet tooth and also cause tooth decay

Feeding toddlers

- It is advised that the frequency and amount of sugary foods and drinks is reduced and limited to mealtimes
- Water and milk are the best drinks

Tooth brushing

- Start brushing your baby's teeth as soon as the first tooth comes through
- Use a smear of toothpaste containing no less than 1000 ppm fluoride. This information can be found on the toothpaste tube/box



- Help with your child's tooth brushing (up to at least the age of 7)

Tips for children aged 3 and above

Food

- It is advised that the frequency and amount of sugary foods and drinks is reduced and limited to mealtimes
- Water and milk in a cup are the best drinks for teeth

Tooth brushing

- Use a pea sized amount of toothpaste containing 1350-1500 ppm fluoride. This information can be found on the toothpaste tube/box



- Spit out after brushing and do not rinse
- Brush twice a day – last thing at night and on one other occasion (morning)
- Help with your child's tooth brushing (up to at least the age of 7)

Examples of food that may cause tooth decay

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| • Chocolates and sweets | • Jams, preserves, honey |
| • Cakes and biscuits | • Ice cream |
| • Buns, pastries, fruit pies | • Fruit in syrup |
| • Sponge puddings and other puddings | • Dried fruits |
| • Table sugar | • Sugary soft drinks |
| • Sugary breakfast cereals | • Sugary milk-based drinks |
| | • Syrups and sweet sauces. |

TIPS FOR HEALTHY SNACKS

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| • Breadsticks | • Homemade popcorn (no salt or sugar) |
| • Vegetable sticks | • Milk |
| • Fresh fruit | • Water |
| • Rice and corn cakes | |



Good dental health is important for general health and wellbeing.