

Visit the dentist!

NHS dental care is **FREE**
until the age of 18

FREE NHS dental care for
ALL pregnant mothers
AND for 12 months after birth

Take children to see the
dentist **as soon as** the first baby
tooth shows in the mouth

Take your child to the dentist
regularly, not just when in pain

Ask your dentist to brush
on **fluoride varnish** for added
protection against tooth decay
(for children aged 3 and above)

- IT'S FREE!

Colour in
the pictures



To Find Your Local NHS Dentist:

Visit NHS Choices website at
www.nhs.uk/dentists
Or call your local Healthwatch
on **0116 251 8313**

Need URGENT dental care?
Calls are **FREE** from landlines and mobile phones



The NHS non-emergency number

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of cubes in your food and drink

Make brushing fun!

FREE Brush DJ App

- Plays 2 minutes of music for brushing
- Sets reminders for brushing and visiting your dentist or hygienist



Healthy Teeth, Happy Smiles!

STOPPING THE BOTTLE



Do NOT put any sweet drinks (including fruit juice) in a bottle: WATER or MILK is best!



Avoid adding sugars, syrups and squash to milk/water

Prolonged bottle feeding can cause tooth decay!



Give only water last thing before bed and if they wake during the night

Choose a free flow cup!
It allows water/milk to drip from the spout when upside down



Introduce drinking from a cup from 6 months and stop bottle feeding by 1 year

