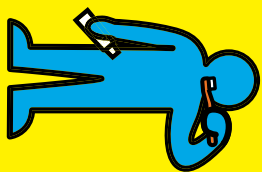




See the

# dentist

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- 1 Take your child to the dentist as soon as their first tooth starts to come through and regularly after that.
- 2 NHS dental care is free for mums for the first year after baby is born and for all children up to 18 years.
- 3 Your dental team can help with advice on caring for your child's teeth and can look out for problems at an early age.
- 4 To find a dentist, visit the NHS Choices website at [www.nhs.uk](http://www.nhs.uk) or contact NHS England on 0300 311 2233 for further advice.

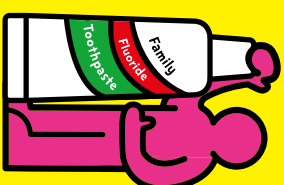
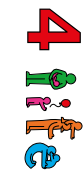
**Top tip** Ask your dentist about fluoride varnish to make your child's teeth stronger. All children over 3 years can have this and your dentist may recommend it for younger children too, if they think they may get tooth decay.

Don't forget to be sugar smart!  
Download the Change4Life Food Scanner App to find out what's in your food and drink  
**Search Change4Life to find out more.**



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# Brushing twice is nice

Get the best from your toothbrush

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- 1 Start to brush when the first tooth shows at around six months of age. Make it a game and part of daily routine.
- 2 Brush gently at least twice a day, with fluoride toothpaste. Bedtime brushing is best as it allows the fluoride in the toothpaste to work when your child is asleep.
- 3 Use toothpaste that contains 1350 to 1500ppm fluoride to give your child the best protection. The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging.
- 4 Little mouths need less toothpaste. For children under three you should use just a smear. For three to six year olds, a pea-sized amount is perfect.



- 5 Encourage your child to spit not rinse after brushing. Rinsing washes away the fluoride toothpaste that strengthens teeth.

- 6 Children need help to brush their teeth and make sure they are using the right amount of toothpaste until they are at least seven years old.

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# Teeth troubles

- 1 Baby teeth come through from about 6 months to 2 and a half years old. Your baby may dribble and be unhappy.
- 2 Cold teething rings from a fridge or biting on a toothbrush can help.
- 3 Sugarfree paracetamol can soothe a temperature. Always read the label.
- 4 Too much sugar causes tooth decay which leads to pain. If your child has toothache or you see marks on their teeth, take them to the dentist straight away.



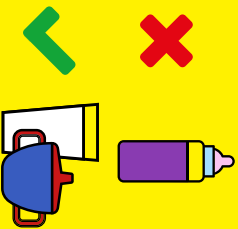
# Be Sugar Smart!

Eat less sugar, less often. Use the Food Scanner to find hidden sugar. Search [Change4Life](#) to find out more.

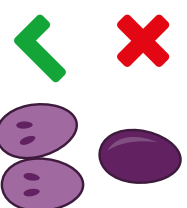
- 1 Breast milk is the only food or drink babies need for around the first 6 months of their life. Formula milk is the only suitable alternative to breast milk. From 6 months of age, bottle-fed babies should be introduced to drinking from a free flow cup. Bottle feeding should be discouraged from 12 months old.



- 2 Avoid sugary drinks. Plain water and milk is best.
- 3 Avoid sugary food and drink before bedtime and remember to eat these less often and only at mealtimes.
- 4 Between meals choose healthy snacks such as fresh fruit, vegetables, toast or rice cakes.
- 5 If your child needs to take any medicine, ask for a sugar free variety where possible.



Why not try healthy fresh fruit and vegetables as an alternative to sugary snacks? Grapes should be sliced length ways to prevent choking



## Using a dummy

- 1 Dummies can be a comfort but you should limit their use.
- 2 Aim to stop the dummy being used by the age of twelve months old.
- 3 Using a dummy can stop your child speaking or saying words correctly.
- 4 Don't dip dummies in anything sweet such as honey, jam or sugar.

