Register babies with the dentist

- It's never too early to start taking your baby to the dentist.
- Take your children to have their teeth checked every six months.
- Ask family or friends to recommend a dentist who is good with children.
- Get them used to going to the dentist.
- Ask for advice on keeping their teeth healthy.

Teething problems:

- Give a cooled teething ring to bite on.
- Sugar-free teething gel or sugar-free paracetamol will relieve pain.

Always ask for sugar-free medicine from your doctor or pharmacist.

Remember

- Good tooth care for young children means healthy teeth for life.
- Sugary foods and drinks at mealtimes are safer for teeth. Sugary drinks, sweets, biscuits and chocolate cause most tooth decay.
- Encourage your child to enjoy healthy, sugar-free snacks and drinks.
- Make a habit of cleaning your child’s teeth morning and night. A smear of family fluoride toothpaste strengthens teeth.
- Take young children to the dentist every six months.

"Giving teeth a good start"

tooth care for 0 to 2 year olds"
Choose drinks to safeguard your child’s smile...

- The best drink for the first year of life is breast milk or formula milk.
- You don’t have to stop these at one year old, but you can start giving full fat cow’s milk. Soya based formula can damage teeth, only use if your doctor or health visitor advises.
- Water is a great drink to quench thirst between meals, under six months old offer cool boiled water. Fresh orange juice, well diluted (one part juice to ten parts water), and in a cup, can be given at mealtimes.
- Take care with other drinks, even baby drinks. Only give at mealtimes. Dilute them as much as you can.
- Most drinks for babies and children contain sugar and will decay teeth. Read the label. Sucrose, glucose, fructose, glucose syrup, dextrose and concentrated fruit juice are all sugars and can cause tooth decay.
- It is better not to give drinks containing artificial sweeteners such as saccharine and aspartame to young children. If you do give drinks containing sweeteners dilute them as much as possible.

Sugary drinks in bottles can cause rapid damage to front teeth

- introduce a cup as soon as possible. By one year old give all drinks in cups.

Milk or water are the best drinks for young children

Start off with sugar-free...

Ask your health visitor for advice on weaning

first foods: 4-6 months
Sugar-free rice based cereals and other gluten-free cereals. Mashed home boiled potatoes, pureed vegetables, pureed lentils (all unsalted) and unsweetened fruit purées. Gradually introduce milk, cheese, yoghurt or purées of soft meat.

finger foods: 6-9 months
Banana, pear, toast, chapatti, pitta bread, plain bread sticks, cooked mixed vegetables or small slices of cheese e.g. cheddar.

finger foods: 9-12 months
Tomatoes, apples, oranges, melons, raw carrots, celery, cucumber, peppers, cooked potatoes, pitta bread, cubes of cheese, pieces of chicken or ham.

snacks for toddlers
Pieces of apple, banana, orange, melon or strawberries; pieces of carrot, celery, cucumber or tomato; cheese cubes, bread, muffins, baps, rolls, pitta; topped with savoury spreads, cheese, fish, meat, bread sticks, crackers, crispbread, chapatti, pizza or baked potato pieces.

Get in the brushing habit...

- Start brushing as soon as your child’s first teeth appear, usually at six to nine months old.
- Use a small soft brush and a smear of family fluoride toothpaste.
- At first you’ll have to make a game out of toothbrushing.
- Your baby will learn by watching mum, dad, older brothers or sisters brush their own teeth.
- Brush their teeth morning and night.

Keep sweets, biscuits and chocolate for straight after meals

Family fluoride toothpaste strengthens teeth