Top tips for looking after

Little teeth

Get sugar smart...
look for hidden sugars in foods and drinks.

Use Fluoride toothpaste
to protect children's teeth.

Start brushing baby teeth
when they arrive.

NHS
King's College Hospital
NHS Foundation Trust

The Brighter Borough
Wandsworth

Toothbrushing

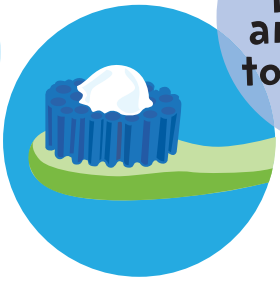
brush your child's teeth **2x** twice a day

morning and last thing at night

Use a **small amount** of tooth paste **containing fluoride**

Under 3 year olds **smear of toothpaste**

Over 3 year olds **pea size amount of toothpaste**



- Encourage the child to **spit out** and **not to rinse.**
- Choose a family toothpaste containing 1450ppm **fluoride** to give **extra protection for teeth.**
- For example, *Aquafresh - Complete Care*, *Colgate - Cavity Protection* and *Sainsbury's - Basics.*
- Help your child and **supervise brushing.**
- **Do not** let children eat or lick toothpaste from the tube.

LOOKING AFTER **Little teeth**

Drinks

LOOKING AFTER Little teeth

- **Milk** and **water** are best for teeth
- Only **breast** or **formula milk** or **cooled, boiled water** should be given in bottles.
- Use a **freeflow feeder** cup from **6 months.**
- From one year old, **stop using feeding bottles.**
- Babies and toddlers **don't need juices, squashes, flavoured waters** or **fizzy drinks.** They all contain sugar and can harm teeth.
- **Only** serve fruit juices or smoothies at mealtimes and **always dilute, 1 part juice to 10 parts water.** Only serve these in a freeflow cup.
- **Offer safe for teeth snacks,** like vegetables, fruit, cheese or bread.
- Before bed only offer **water or plain milk.** Do not offer hot chocolate or 'bedtime' drinks, these contain sugar
- Always ask for **sugar free** medicines.

To find out more visit:
nhs.uk/start4life **or** nhs.uk/change4life

LOOKING AFTER Little teeth

Going to the dentist

- When your baby's teeth have arrived visit the dentist and help your child get used to going.
- Make the visit fun - play at counting teeth with your child before your visit.
- The dentist can help prevent problems and give you advice.
- Remember NHS dental care is free for children.

For more information and to find a dentist search on NHS Choices, visit: nhs.uk

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