

Good oral health

Laying solid foundations for good oral health

The best way to keep your child's teeth and mouth healthy is:

Encourage healthy eating and drinking:

- Keep all foods and drinks containing sugar to mealtimes.
- Snack on fruit and/or vegetables between meals.
- Drink only milk and water between meals. Keep other drinks to mealtimes.

Encourage regular toothbrushing:

- Brush twice a day including last thing at night.
- Use a smear (under three years) or a pea-sized (over three years) amount of family fluoride toothpaste containing no less than 1000ppm fluoride - check pack for details.
- Supervise brushing until at least seven years of age.
- Spit don't rinse after brushing.

Visit a dentist regularly:

- Children should visit a dentist from birth.
- Children should be seen regularly at intervals of between three and twelve months.
- Ask your dentist about fluoride varnish.
- Young people and adults should be seen at regular intervals as determined by their dentist.

For help in accessing a NHS dentist for routine or emergency care visit www.nhs.uk

Dentist says

NHS dental treatment is free for pregnant women, for the first year as a mother and for children. The dental team can offer you further oral health guidance and support and, when your child is old enough the dentist can apply fluoride varnish to their teeth.

To keep your own teeth and mouth healthy do not smoke or use any form of tobacco and keep alcohol consumption to recommended levels.

1. Only you can stop your child getting tooth decay.
2. Tooth decay is totally preventable and causes unnecessary pain for your child.
3. Follow our easy guidance. Contact your local children's centre for additional support.