



HEALTHY TEETH FOR LIFE

1.

Take babies to the dentist as soon as teeth come through – by one year of age at latest – Dental Check by One is a top tip!



4.



Encourage your child to brush with a kid-sized toothbrush as soon as they can, before bed and on at least one other occasion

2.



As milk teeth come through, start brushing baby's teeth with a family fluoride toothpaste

3.

A smear of family fluoride toothpaste is best and from age three a pea sized amount



5.



Spit, don't rinse. After brushing, don't teach your child to wash their mouth out with water. Rinsing removes the fluoride that you want to stay working on the teeth

6.

X2

Monitor your child brushing twice a day until they are seven



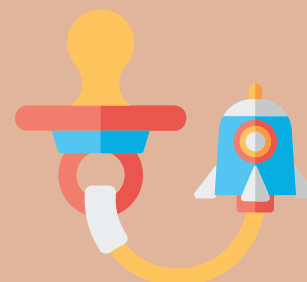
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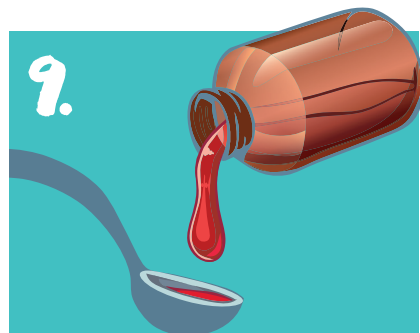
Introduce drinking from an open top or free flow cup at six months, give only water and milk

8.

Phase out bottle use by the age of one – as well as dummy use



9.



Choose sugar-free medicines

10.

Remember to keep sweet foods or drinks to mealtimes



Do all this to give your child the best possible chance of healthy teeth for life.



British Society of
Paediatric Dentistry

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