



Healthy Teeth Healthy Smiles

Tips for looking after
children's teeth



Tips for children up to 3 years

Feeding babies and infants

- Breastfeeding is good for babies
- From six months, infants should be introduced to drinking from a cup
- It is advised that sugar is not added to weaning foods – this may encourage a sweet tooth and also cause tooth decay

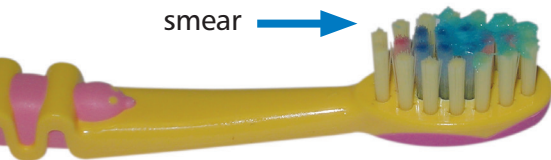
Feeding toddlers

- It is advised that the frequency and amount of sugary foods and drinks is reduced and limited to mealtimes
- Water and milk are the best drinks

Tooth brushing

- Start brushing your baby's teeth as soon as the first tooth comes through
- Use a smear of toothpaste containing no less than 1000 ppm fluoride. This information can be found on the toothpaste tube/box

smear →



- Help with your child's tooth brushing (up to at least the age of 7)

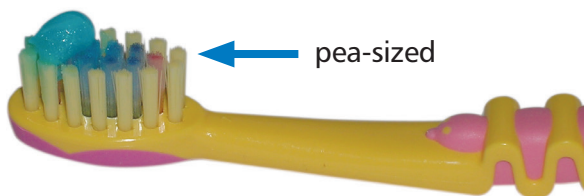
Tips for children aged 3 and above

Food

- It is advised that the frequency and amount of sugary foods and drinks is reduced and limited to mealtimes
- Water and milk in a cup are the best drinks for teeth

Tooth brushing

- Use a pea sized amount of toothpaste containing 1350-1500 ppm fluoride. This information can be found on the toothpaste tube/box



- Spit out after brushing and do not rinse
- Brush twice a day – last thing at night and on one other occasion (morning)
- Help with your child's tooth brushing (up to at least the age of 7)

Good dental health is important

Examples of food that may cause tooth decay

- Chocolates and sweets
- Cakes and biscuits
- Buns, pastries, fruit pies
- Sponge puddings and other puddings
- Table sugar
- Sugary breakfast cereals
- Jams, preserves, honey
- Ice cream
- Fruit in syrup
- Dried fruits
- Sugary soft drinks
- Sugary milk-based drinks
- Syrups and sweet sauces

TIPS FOR HEALTHY SNACKS

- Breadsticks
- Vegetable sticks
- Fresh fruit
- Rice and corn cakes
- Homemade popcorn (no salt or sugar)
- Milk
- Water



for general health and wellbeing

Tips for all children

Visit the dentist

- NHS dental treatment is **FREE** for children under the age of 18
- Take your baby to the dentist at around 1 year so they get used to going to the dentist
- Try to take your child to the dentist at least once a year, or more frequently as recommended by your dentist
- Ask your dentist for prevention advice (including fluoride varnish which protects the teeth)

For further information about NHS dentists in your local area, please refer to:

Website

NHS Choices at www.nhs.uk

Telephone

NHS 111 on 111

Published by the Tri-borough Public Health Department
(Hammersmith & Fulham, Kensington and Chelsea and
City of Westminster) in conjunction with the Dental
Public Health Team at Public Health England, April 2013

Produced by Hammerprint, tel: 020 8753 2235
48_1at_public_health_triborough_healthy smiles LBHF
Printed on paper from sustainable sources