

Top tips for

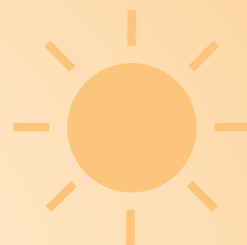
TEETH

**Children aged 0–3
& pregnant women**





Help them brush **TWICE A DAY** to keep decay away



Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.



You should use a fluoride toothpaste. Just a **smear** of toothpaste containing at least **1,000 parts per million (ppm) fluoride** is enough. You can usually find out how much fluoride is in the toothpaste from the side of the tube or on the packaging.

Open to uncover more top tips
for protecting your child's smile

Brushing

TWICE A DAY

is just the start...



Don't rinse with water after brushing as it washes away the **protective** layer of fluoride left over from the toothpaste. As they get older teach them to **spit** instead.

Remember...

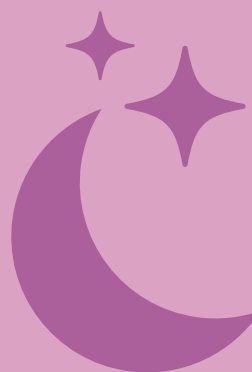
NO NEED TO RINSE
after brushing



SKIP THE SUGAR
they're sweet enough!

Too much food and drink containing **sugar** can harm your baby's tiny teeth. This can lead to **tooth decay**. To help protect their smile:

- **Steer clear** of baby and toddler drinks
- **Avoid** adding sugar to their meals
- **12 month olds** and younger do not need snacks. If hungry, offer milk instead
- Choose **sugar-free** medicines where possible



Brushing before bedtime is important.
Don't offer food after brushing teeth at night. To protect their smile, offer only water to drink (or milk for younger babies).

At night,

EATING STOPS
when the brushing starts



To help avoid tooth decay,
SAY GOODBYE
to the bottle

Introduce your baby to **open cups** or **free-flow cups** (without a valve) from 6 months.

Make the **full transition** from baby bottles by the age of **1** to help avoid tooth decay.




Take your child to the dentist as often as your dentist recommends. Under 18's, or under 19's in full-time education, are entitled to **FREE** NHS dental treatment in England.

PROTECT THEIR SMILE
with regular visits to the dentist

Protect your

PREGNANCY

smile



Looking after your baby's teeth is important, but so is taking care of your **own** oral health.

During pregnancy, you're more vulnerable to gum disease. Remember, your NHS dental check-ups and treatments are **FREE** up to a year after your baby's birth.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.