

Keep Suffolk

Smiling



Keep your baby smiling with our simple
guide to looking after their teeth

Brushing

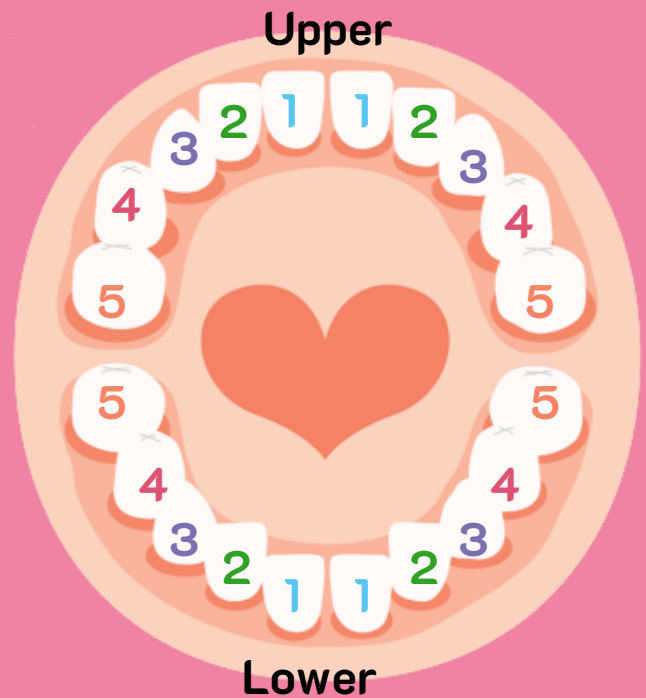
Baby Teeth Eruption Chart

Upper:

- 1: 8-12 months
- 2: 9-13 months
- 3: 16-22 months
- 4: 13-19 months
- 5: 25-33 months

Lower:

- 1: 6-10 months
- 2: 10-16 months
- 3: 17-23 months
- 4: 14-18 months
- 5: 23-31 months



Looking after 'baby' teeth is just as important as looking after adult teeth. Brush your child's teeth thoroughly, covering all surfaces of the teeth. Brush the inside, outside and chewing surfaces of your baby's teeth.



Babies' teeth should be brushed as soon as they begin to appear in the mouth with a soft, small headed toothbrush



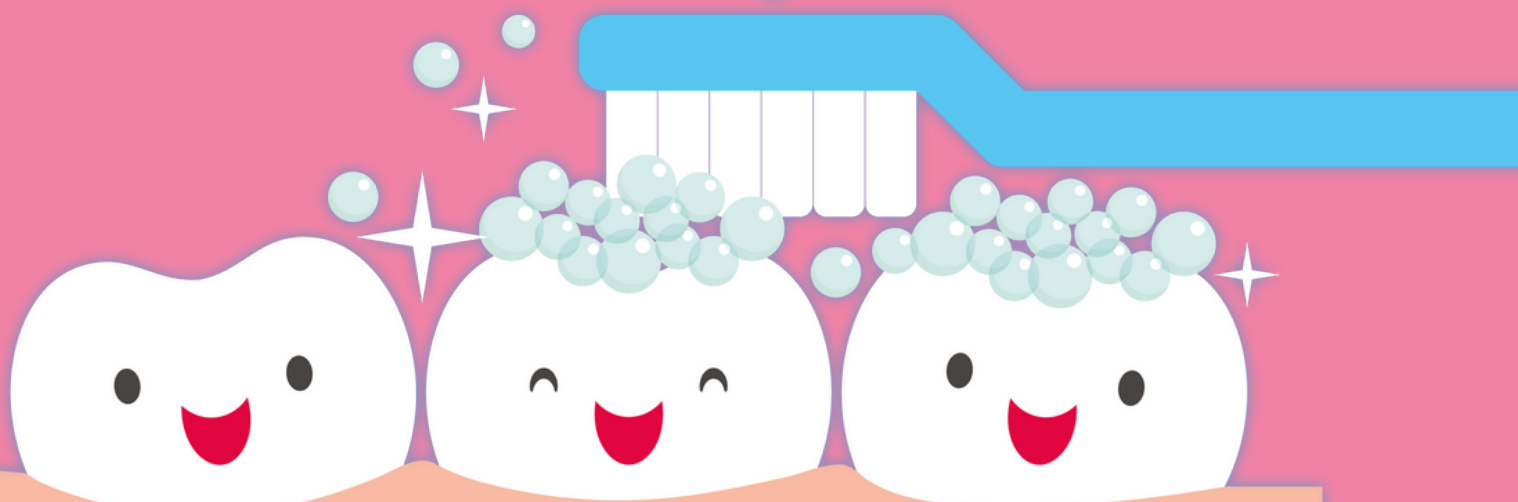
Brush twice a day for at least two minutes. Once before bedtime and one other time during the day



Encourage children to spit out excess toothpaste – avoid rinsing with water as it washes the fluoride away



Under 7s should be helped by an adult as they do not have the ability to reach every surface of every tooth



Toothpaste



Always supervise toothpaste use. Make sure children don't lick or eat toothpaste from the tube!

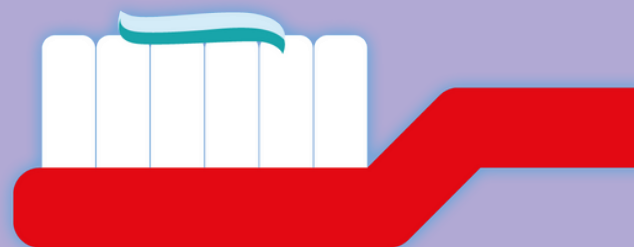
The recommended fluoride levels in toothpaste are below:

0-3 years

(Children's toothpaste)

1000 - 1350

parts per million (ppm)



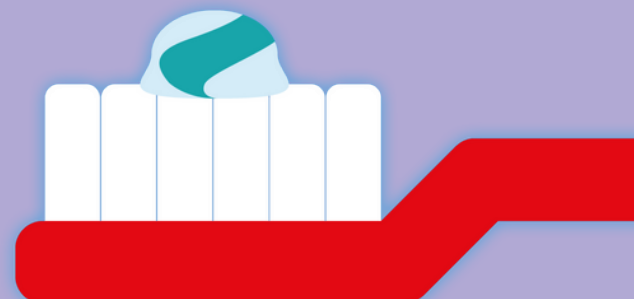
Use a smear the size of a grain of rice

3+ years

(Family toothpaste)

1350- 1450

parts per million (ppm)



Use a pea size amount

Check the toothpaste packet for this information or ask your dentist.

Visiting the dentist

When it comes to children's teeth, regular brushing and visits to the dentist are important.



It's a good idea to start taking children to the dentist early, by their first birthday, or when their first tooth erupts, so that it becomes a normal routine.

Your dentist can also give you advice on whether your child would benefit from extra protection such as fluoride varnishes.

To find an NHS Dentist scan the QR code or visit www.nhs.uk/service-search/find-a-dentist



Feeding baby



Research has shown that breastfeeding can be linked with a lower risk of early childhood dental decay.

Although we would recommend breastfeeding where possible, we are aware that this is not possible for some families or something they do not wish to do.

Below are some tips that can be useful in bottle feeding your baby while still reducing the risk of decay:

- No fluid other than expressed breast milk, formula milk or cooled down boiled water should be given in a bottle
- Children should not be left with a bottle to suckle while asleep
- Extra sugars should not be added to bottles

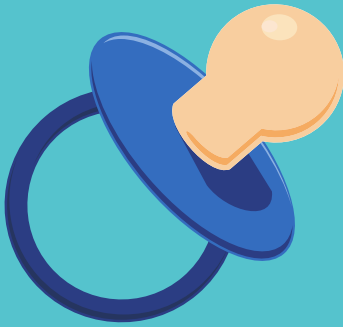


Although you may be advised that the last feed should take place before brushing from the age of 12 months, we understand that this is not always possible or practical.

The best way to protect your child's teeth is to maintain a well-rounded oral health routine including regular brushing and minimising sugar intake once other foods and drinks have been introduced.

Bottles, Cups and Dummies

Use an open top cup from the age of six months. Introduce it at mealtimes, starting with a small amount of water.



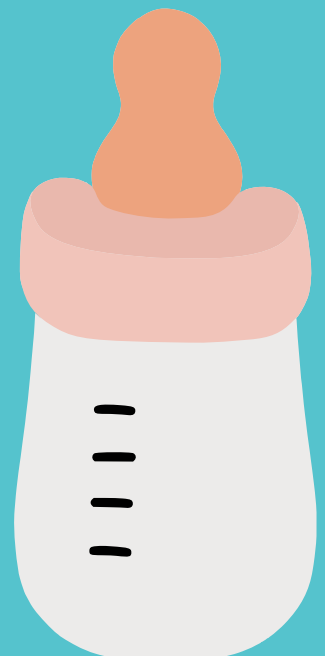
If your baby uses a dummy, never dip the dummy into anything containing sugar, particularly at bedtime.



Aim to stop using bottles completely by your child's first birthday. If using dummies, the same applies.



Once your baby is one, you should stop giving a bottle with a teat. Teats can damage teeth (especially if used to give sweetened drinks).



Food and Drink

Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary food and drinks frequently, keep them to mealtimes.



Below are some examples of tooth friendly snacks and drinks between meals:

- Fresh fruit
- Fresh vegetables
- Toast (with a savoury topping)
- Breads and breadsticks
- Cheese and crackers



Milk or water are good choices of drinks between meals for tiny teeth.



The following, although generally considered healthy, are not tooth friendly, so should be kept to mealtimes only:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit





The Healthy Living Service

The Healthy Living Service offers support to children, young people, and their families to help remove the barriers to achieving a healthy weight and exploring ways to overcome those challenges.

To find out more scan the QR code or visit
www.suffolk.gov.uk/children-families-and-learning/childrens-health/healthy-living-service



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Available in other languages

Visit: www.healthysuffolk.org.uk/healthy-you/children-and-young-people-1/childrens-dental-health

Or scan the QR code

