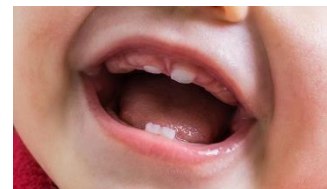


Tips for little one's teeth (0-3yrs)



Tooth brushing

- ❖ Start brushing your child's teeth with a **soft brush** as soon as they appear in the mouth. This is usually around 6 months but some babies get teeth which appear earlier, sometimes even from birth! Your child probably will have all their baby teeth by around 2 ½ years old
- ❖ **Brush teeth twice per day**, last thing at night and in the morning. Build up to 2 minutes as more teeth appear
- ❖ Children under 3yrs should use a smear of tooth paste with at least **1000ppm fluoride** – this is the ingredient proven to reduce the risk of decay



Teething and comforters

- ❖ Teething can begin as early as 2 months and may cause discomfort, restlessness and increased drooling for some babies. Chilled teething rings and extra comforting may help. If your child is severely distressed or has a high temperature, seek medical advice to rule out other causes
- ❖ Suckling is a natural instinct and children may suck digits for comfort, or you may choose to give your child a dummy – if so, seek out a thin one which will open the bite less
- ❖ Avoid putting anything sweet on dummies (or bottle tips) and try not to 'clean' the dummy by sucking it yourself
- ❖ Aim to stop using a dummy by their first birthday.
- ❖ Digit sucking is a harder habit to break but encourage children to stop before their adult teeth appear to minimise problems



Diet Advice – please discuss your baby's nutritional needs with a GP or health visitor

- ❖ As the teeth start coming through when the baby is slightly older, please note that very frequent feeding and sipping milk throughout the night does increase the risk of decay. Contact your health visitor if you are concerned
- ❖ When weaning onto solids and introducing new foods for the next couple of years, keep in mind it is easier to avoid introducing regular juice and sugary foods in children's everyday diet than to try to make changes later on
- ❖ Aim to introduce simple open cups by 6 months and aim to use only cups instead of bottles by 1 year old
- ❖ We advise bottles or cups hold only formula or breast milk. Babies over 6 months may have small sips of water in hot weather, as advised by your health visitor/GP
- ❖ For mothers who continue supplementary breastfeeding beyond 2 years of age, please note that it has been linked to an increase risk of dental decay, especially for on-demand evening/night time feeds



See our information sheets 'Why diet is important' and 'Diet advice for healthy teeth' for further information on diet and decay