

Looking after your child's teeth

Sugary drinks can cause rapid tooth decay, particularly from a baby's feeding bottle



**Only put milk or water in a bottle
and give your baby a free-flow
cup from six months
Aim to get baby off the bottle
completely by the age of one year**



Baby teeth are important for speech and eating. They also keep the space for the second teeth. Tooth decay causes pain and distress - and is easily prevented!

Increase exposure to fluoride

Brush teeth as soon as they appear in the mouth.

Use a family fluoride toothpaste containing 1350 - 1500 ppm of fluoride
Do not allow children to eat or lick toothpaste from the tube.

It is not necessary to buy a children's toothpaste. Often they contain lower levels of fluoride which are not effective at reducing dental decay.

Children aged 0-2 years use a smear of toothpaste.

Children aged 3-6 years use a pea-sized blob of toothpaste.

Children's teeth should be brushed by an adult up to the age of 8 years
and supervised after that age

