



## Oral Health Week

### Information for parents and carers of babies and toddlers



#### Note to practitioner:

During 'Oral Health Week' this flyer is ideal to distribute to families with babies and toddlers attending nurseries, baby and toddler groups or stay and play sessions.



It includes the five key oral health messages, with facts and useful information relating to children from 0-2 years of age.



You can use the flyer as a starting point for an information workshop or discussion group with parents. If you require further information regarding health matters, why not contact your locality health visitor?





# Warwickshire's five key oral health messages



1.

Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.



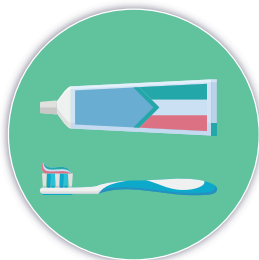
2.

Choose milk and water to drink - they're kinder to teeth.



3.

Visit the dentist when the first tooth appears and then as often as your dentist recommends.



4.

Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.



5.

Spit out, don't rinse the fluoride toothpaste away!

# Oral Health Week

## Information for parents/carers of babies and toddlers

Many young children need to eat between meals as they have small stomachs and cannot obtain enough nutrition from three meals. It is important that what they eat between meals is nourishing and not a snack such as biscuits, crisps or sweets. To reduce the amount and frequency of sugar consumed, try to ensure that the foods and drinks given to children between meals are 'tooth friendly'.

**Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.**



The Change 4 Life 'Be Food Smart' app will help you find out how much sugar there is in food.

Opt for milk and water. Warwickshire's tap water has fluoride in it which strengthens the teeth. Only water or milk should be given from a bottle. Children should begin moving from the bottle to a free-flow feeder cup at six months. They should no longer be using a bottle by the age of one because the teats and spouts encourage children to suck for long periods of time, so drinks stay in contact with the child's teeth for a longer time.

**Choose milk and water to drink - they're kinder to teeth.**



It is important that all babies (breast or bottle fed) have their teeth brushed as soon as they appear.

Take your baby to the dentist when their first tooth appears and no later than one year of age. You should visit the dentist as often as your dentist recommends. The best time for children to visit the dentist is when they are rested, wide awake and recently fed. If you are anxious when going to the dentist, it is best to book separate appointments. All children aged 0 – 18 years are entitled to free dental care, as are pregnant women (up to their child's first birthday).

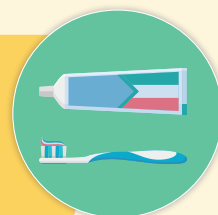
**Visit the dentist when the first tooth appears and then as often as your dentist recommends.**



Call NHS 111 or [www.nhs.uk](http://www.nhs.uk) to find your nearest NHS dentist who is accepting new NHS patients.

The milk (or baby) teeth usually start to appear around 6 months of age. All 20 milk teeth have usually erupted by 3 years of age. Brush your child's teeth twice a day, last thing at night and one other time. Start brushing as soon as teeth first appear. Remember use a soft age appropriate brush. Use a smear of fluoride toothpaste for under 3's that contains no less than 1000 parts per million (ppm) of fluoride.

**Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.**



Tooth decay: • is the major cause of tooth loss in children and is caused by the FREQUENT consumption of sugary foods and drinks.  
• Can lead to PAIN, INFECTIONS and DISTRESS  
• Is PREVENTABLE

Use fluoride toothpaste (a smear of fluoride toothpaste for under 3's that contains no less than 1000 parts per million (ppm) fluoride. Encourage your child to spit, don't rinse after brushing.

**Visit the dentist when the first tooth appears and then as often as your dentist recommends.**



Don't wash the fluoride away because it strengthens teeth.