

## Special Care Dental Service

Admin Office: Hollybank  
1st floor, Chislehurst Road,  
Orpington BR6 ODS  
Tel: **01689 806859**

## Visit your dentist

Please take your child to have a check-up as soon as the first tooth erupts. Your dentist will then tell you how often to return.



**Remember:** The dentist is a fun place to go for a check-up. **Keep smiling and your child will smile with you!**

**Mothers are entitled to free NHS dental treatment until their child is 1 year of age.**

To find an NHS dentist go to [www.nhs.uk](http://www.nhs.uk)

**Bromley  
Healthcare**  
better together

The Special Care Dental service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 OJA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

**[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)**

Bromley Healthcare Community Interest Company Ltd  
Company no: 06815987 Registered in England  
Registered office: Central Court, 1 Knoll Rise, Orpington BR6 OJA

**BHCOTT1120**

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# Oral health tips for tiny teeth

## Teething

Babies teeth usually appear (erupt) around 6 months of age , they may come **earlier or later**. Teething starts before the teeth erupt.

Your child will have 20 deciduous (first) teeth. Usually the first teeth to erupt are at the bottom in the front.



Signs of **teething** could be:

**Chewing:** there are specialist teething aids/toys you can buy.

**Dribbling:** this can cause a sore chin.

**Nappy rash** can be caused by loss of fluid when dribbling. This leads to concentrated urine. Barrier creams are available to prevent soreness.

**Loose stools** or diarrhoea.

**Being unsettled:** some babies become quite unsettled when teething. There are age-appropriate pain-relief medicines available.

**Always consult your pharmacist before giving any medication to your baby.**

Teething is an on-going process and will continue until all 20 deciduous teeth are through, usually around 3 years of age.

**If your child has nappy rash or diarrhoea please contact your health visitor.**

## General Oral Hygiene

As soon as teeth appear it is time to start brushing:

- You will need an age appropriate toothbrush (0-2 years to start with)
- Brush **twice a day** - last thing at **night** and at another time in the **morning** using a family fluoride toothpaste
- For children age 0-3 years use a tiny thin smear of toothpaste



- Have baby sitting on your lap facing away from you



- Make it fun - **SING A SONG!**
- Brush all surfaces of all teeth

### Important

Keep toothpaste out of children's reach.

Do not let a child eat toothpaste.

An adult should measure out the toothpaste.

Toothpaste should contain 1350-1500ppm fluoride.

## Diet Advice

Weaning normally starts around **6 months** of age.

This is a good time to introduce a **free-flow** cup for baby to drink from—only put **milk or water** in these.



From 1 year feeding from a bottle should be discouraged.

**For general weaning advice speak to your health visitor.**

**Avoid** giving sugary foods and drinks as your child gets older.

Children's yoghurts, smoothies, fruit juices, cakes, ice-cream, chocolates, sweets and biscuits can contain a **lot of sugar** and **should be avoided**.

Keep sweet things to **mealtimes** as part of a balanced diet.

**If your child is on medication ask your GP if a sugar-free option is available.**

*The advice in this leaflet is based on the Department of Health document: Delivering better oral health: an evidence-based toolkit for prevention. 3rd edition June 2014 and Public Health England, Health Matters, Preventing tooth decay, June 2017*