

Visit your dentist

Please take your child to have a check-up with a dentist by the age of 2 years. If you have any concerns before that see a dentist earlier.

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 your child is 1 year of age.

To find an NHS dentist go to **www.nhs.uk**



This advice is based on the Department of Health document "Delivering better oral health: an evidence-based toolkit for prevention. 3rd edition June 2014"

Special Care Dental Service

Eldred Drive Clinic

Eldred Drive

Orpington

Kent BR5 4PE

Head Office: 01689 806 859

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:

**Bromley Healthcare
Global House
10 Station Approach
Hayes, Kent
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bromh.comms@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Beckenham Beacon, 379 Croydon Road, Beckenham BR3 3QL

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Healthcare**
better together

Looking after tiny teeth

A guide to teething, tooth- brushing and toothpaste



Providing Special Care Dentistry across the
London boroughs of Bromley, Bexley and Greenwich

Working with **NHS**

Teething?

Babies first teeth usually appear (erupt) around 6 months of age, though they can 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 everything; 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.

Get into good habits early

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 day 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, maybe 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 for a child under 3 years should contain no less than 1,000ppm fluoride (this information can be found on the toothpaste's ingredients).

Food and drink

Weaning normally starts around 6 months.

It is now a good idea 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.