



Visiting the dentist

When it comes to children's teeth, regular brushing and visits to the dentist are important.

Parents should take their children to the dentist regularly. Their first check-up should have taken place by their second birthday.

Your dentist can also give you advice on whether your child would benefit from extra protection such as fluoride varnishes.

Bottles, cups and dummies



- Use an open top cup from the age of six months. Introduce it at mealtimes, starting with a small amount of water.
- Stop using bottles and dummies by your child's first birthday.



- Never dip the dummy into anything containing sugar.
- It's best not to put anything in a bottle other than expressed breast milk, formula milk or water.

Key Contacts:

Health Visiting Service: 01733 777937

Children's Centres:

East Children's Centre
21 Durham Rd, PE1 5JU • 01733 894028

First Steps Children's Centre
The Acorn Centre, 20 Scafford Drive, PE1 4TR
01733 295860

Orton Children's Centre
Jigsaw Centre, Herlington, PE2 5PW
www.ortoncc.com • 01933 417438

Honeyhill Children's Centre
150 Chadburn, PE4 7DH
www.honeyhillcc.com • 01733 577611

Find your local dentists with the NHS choices website www.nhs.uk and also find new sugar smart app at www.nhs.uk/change4life

Putting a big Smile on Peterborough's face!

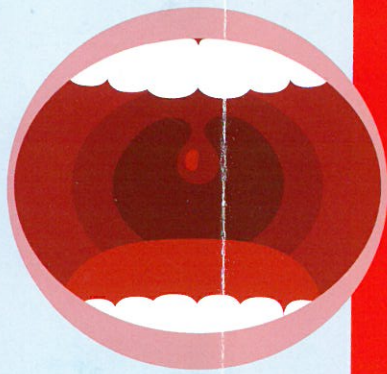


Have a smile to be proud of with our simple guide to brushing your teeth!

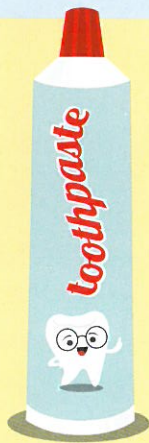
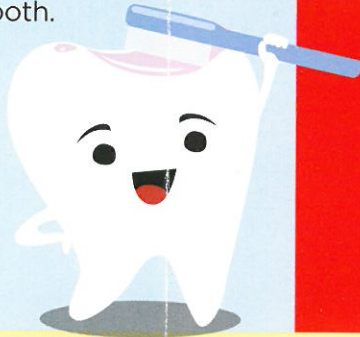


Brushing

Brush your child's teeth thoroughly, covering all surfaces of the teeth. Brush the inside, outside and chewing surfaces of your baby's teeth.



1. Brush twice a day for at least two minutes. Once before bedtime and one other time during the day.
2. Encourage children to spit out excess toothpaste - avoid rinsing with water as it washes the fluoride away.
3. Under 8s should be helped by an adult as they do not have the ability to reach every surface of every tooth.
4. Babies' teeth should be brushed as soon as they begin to appear in the mouth with a soft, small headed toothbrush.



Toothpaste

Always supervise toothpaste use and help your children to brush their teeth until at least seven years old. Also make sure they don't eat toothpaste from the tube!

The recommended fluoride levels in toothpaste are below:

0-3 years (Children's toothpaste)
Over 1000(ppm).
Use a smear.

3+ years (Family toothpaste)
1350 - 1450 parts per million (ppm).
Use a pea size amount.

Check the toothpaste packet for this information, or ask your dentist.

Food and Drink

Every time you eat or drink something sugary the chances of tooth decay increase. Instead of having sugary foods and drinks frequently, keep them to mealtimes.

Below are some examples of tooth friendly snacks and drinks between meals:

- Fresh fruit
- Breads & breadsticks
- Milk (plain)
- Toast (with a savoury topping)
- Fresh vegetables
- Crackers & cheese
- Water (plain)



Milk or water are good choices of drinks between meals for tiny teeth.

You can offer your child fruit juice at mealtimes after six months but make sure that it's diluted according to instructions on the bottle or carton.

This makes it less acidic and less likely to cause tooth erosion.

The following, although generally considered healthy, are not tooth friendly, so should be kept to mealtimes only:

- Fruit smoothies
- Fruit juice
- Raisins or any dried fruit
- No added sugar' drinks

Remember, the more often children eat and drink sugary and acidic things the more damage is caused to tiny teeth.

