

HABIT



A guide to looking after your baby's teeth.



UNIVERSITY OF LEEDS

My plan

Over the next few weeks, I will:

- Brush my baby's teeth twice a day
- Use a smear of fluoride toothpaste
- Make toothbrushing fun
- Not give up if my baby doesn't want their teeth brushed
- Swap to some healthier snacks
- Avoid sugary foods and drinks 1 hour before bedtime
- Only give milk and water to drink
- Move on to a free-flow cup
- Book an appointment with a dentist
- Other

Think about how you will do this and write it down.

Translate to other languages

Use the Google Translate App to translate words, phrases and web pages between English and over 100 other languages



Visiting the dentist

Dental care is free for pregnant mothers and for 12 months after your baby is born.



Visit as soon as your baby's first tooth appears.

To help look after your baby's teeth, your dentist may apply a fluoride paste/varnish.



Dental care for children is free!

Finding a dentist

To find your closest NHS dentist, scan the QR code below



www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Eating healthy snacks



Banana



Cucumber Sticks



Bread Sticks



Roti



Toast with butter



Milk



Vegetables



Plain yoghurt



Rice cakes

Your baby's teeth are important

Baby teeth are important for eating and speaking.



Baby teeth are important for smiling and confidence.

Getting into good routines with your baby will help when they grow up.



You can help stop tooth decay so your child has a healthy smile for life.

Eating and drinking

Milk and water are safer drinks for teeth.



Many baby foods and drinks are high in sugar.

Keep sugary foods and drinks to meal times only.



Avoid sugary foods and drinks 1 hour before bedtime.

Brushing your baby's teeth

Start to brush your baby's teeth as soon as their first tooth appears.



Brush your baby's teeth last thing before bedtime and one other time in the day.

Brush all sides of each tooth, don't forget the back ones.



Brushing your baby's teeth

Brush with a toothpaste containing at least 1000 ppm fluoride.



Only use a smear of toothpaste.

After brushing, wipe the leftover toothpaste from outside the mouth, don't rinse.



When family or friends look after your baby

Show this leaflet to family and friends who look after your baby.



Send a toothbrush and toothpaste.

Text or call to remind them to brush your baby's teeth.



These conversations can be hard, this video can help.

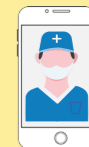
Making brushing easier

Brushing your baby's teeth can be difficult, you are not alone!



Some brushing is better than none, don't give up :)

Use rewards like singing and clapping to make brushing fun.



If you want help, speak to your health visitor or dental team.