

Why is it important to take care of baby teeth?

Children's teeth are important to help them to eat, speak & feel confident. The earlier good dental habits are formed, the easier they are to maintain



- Avoid sugary foods and drinks between meals
- Avoid sugary foods and drinks within one hour of bedtime
- Tooth brushing should always be supervised by an adult
- Spit but don't rinse after brushing
- Children aged 0 to 6 years should brush their teeth at least twice a day with family fluoride toothpaste containing 1350-1500 parts per million (ppmF)
- For under-3s use a smear of toothpaste and for 3 to 6-year olds use a pea-sized amount



Visit your dentist twice a year and ask about fluoride varnish applications. To find a local NHS dentist try:

<https://www.nhs.uk/service-search/find-a-dentist>