

## And finally...

Good dental care begins at home along with going to see your dentist.

If you are having problems finding an NHS Dentist ring

**0800 587 2417.**

For urgent dental care ring

**0845 1220 221.**

# Toothy tips



This information can be made available in other formats including large print and other languages.

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March 09

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Good dental care begins at home along with going to see your dentist.

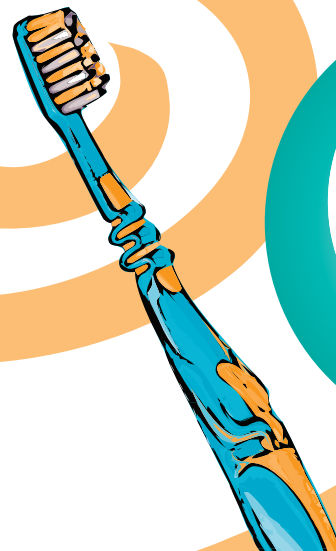
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## First steps

So we are talking about looking after your little one's teeth...and realise everyone enjoys sweet food and drinks. However for their teeth's sake we recommend limiting sweet food and drinks to mealtimes only.

### If rumbly tummies are a problem in between meals try offering these healthy bites:

- Chopped fruit and vegetables
- Plain yoghurt with added fresh fruit
- Chunks of cheese
- Chapatis, fingers of toast
- Breadsticks
- Flavoured crackers

## Drinks

Milk and water can be offered at anytime but flavoured drinks (even the sugar free types) and pure fruit juice should be well diluted and kept to mealtimes only.

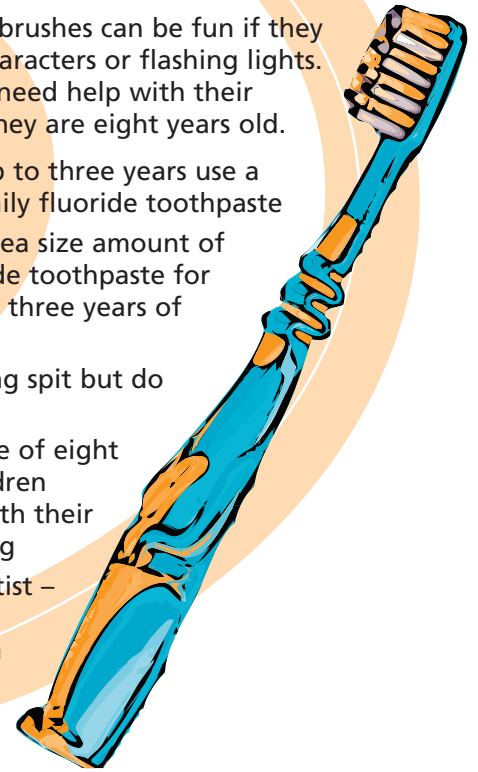
## Brushing power

To keep that sunny smile it is important your child brushes their teeth both morning and night.

We recommended adult fluoride toothpaste should be used for all the family, unless your dentist says otherwise.

Children's toothbrushes can be fun if they have cartoon characters or flashing lights. Young children need help with their brushing until they are eight years old.

- For babies up to three years use a smear of family fluoride toothpaste
- Use a small pea size amount of family fluoride toothpaste for children over three years of age.
- After brushing spit but do not rinse.
- Up to the age of eight years all children need help with their toothbrushing
- Visit the dentist – if possible together as a family.



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