

Top tips for teeth

**Children aged 0-3
& pregnant women**



Help them brush **twice a day** to keep decay away



Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

You should use a fluoride toothpaste. Just a **smear** of toothpaste containing at least **1,000 parts per million (ppm) fluoride** is enough. You can usually find out how much fluoride is in the toothpaste from the side of the tube or on the packaging.



Brushing
twice a day
is just the start...



Don't rinse with water after brushing as it washes away the **protective** layer of fluoride left over from the toothpaste. As they get older teach them to **spit** instead.

Remember no need to rinse after brushing



Skip the sugar they're sweet enough!

Too much food and drink containing **sugar** can harm your baby's tiny teeth. This can lead to **tooth decay**. To help protect their smile:

- **Steer clear** of baby and toddler drinks
- **Avoid** adding sugar to their meals
- **12 month olds** and younger do not need snacks. If hungry, offer milk instead
- Choose **sugar-free** medicines where possible



Brushing before bedtime is important.

Don't offer food after brushing teeth at night. To protect their smile, offer only water to drink (or milk for younger babies).

At night, eating stops when the brushing starts



To help avoid tooth decay say goodbye to the bottle

Introduce your baby to **open cups** or **free-flow cups** (without a valve) from 6 months.

Make the **full transition** from baby bottles by the age of **1** to help avoid tooth decay.



Take your child to the dentist as often as your dentist recommends. Under 18's, or under 19's in full-time education, are entitled to **FREE** NHS dental treatment in England.

Protect their smile with regular visits to the dentist

Protect your pregnancy smile



Looking after your baby's teeth is important, but so is taking care of your **own** oral health.

During pregnancy, you're more vulnerable to gum disease. Remember, your NHS dental check-ups and treatments are **FREE** up to a year after your baby's birth.



Welcome to Best Start in Life.

Whether you're newly pregnant or navigating your child's early years, the Best Start in Life hub offers clear, NHS-approved guidance every step of the way.

Find trusted advice on pregnancy, feeding and weaning, understanding your baby, early learning, bonding, childcare support and preparing for school.

Reliable, reassuring information for every stage of your journey.

Visit: www.beststartinlife.gov.uk/

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