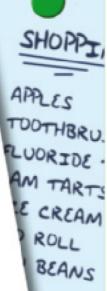
Important things to do to protect my baby's sirst teeth

As soon as the first tooth



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It's easy to protect your baby's teeth



The most important thing is to

Brush your baby's teeth with fluoride toothpaste

Start brushing as soon as the first tooth appears in the mouth.

Brush first thing in the morning and last thing at night with a fluoride toothpaste.

Fluoride strengthens the teeth making tooth decay less likely. A smear of fluoride toothpaste is about right for babies and children under six.

Use a toothbrush with a chunky handle and a small, soft head. This type is easy for your baby to hold and is best for a small soft mouth. Let your child have a go at brushing, but finish off yourself to ensure a thorough job.

Take care with

Sweet food and drinks

Only give sweets, sweet foods, squash or juice at feed times. For toddlers and older children, well-brushed teeth can cope with about three meals and two snacks.

If your baby has a bottle, only use it for milk or water. Use a feeder cup for fruit juice or squash. If your baby falls asleep holding a bottle, take it away.

Visit the dentist

Take your baby when you go for a check up. Your dentist will be happy to answer questions about your baby's teeth.

Why bother

Looking after your baby's teeth

Taking good care of the first teeth will make sure your baby doesn't get toothache.

Babies need their first teeth so they can chew food properly.

First teeth guide the permanent teeth into position. If first teeth are missing the permanent teeth may end up crooked.

