

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

As soon as the first tooth
appears, brush twice a day
with fluoride toothpaste

Do not leave a bottle in
baby's mouth while asleep

Keep sweets, sweet foods
and soft drinks to feed
times

Take baby with me
to the dentist

SHOPPING

APPLES
TOOTHBRUSH
FLUORIDE
AM TARTS
ICE CREAM
ROLL
BEANS

This leaflet has been written by Dr Brian
Mouatt (formerly Chief Dental Officer for England)
and produced with an educational grant from:



The Sugar Bureau, 6 Catherine Street,
London WC2B 5JJ
www.sugar-bureau.co.uk
info@sugar-bureau.co.uk
Tel: 020 7379 6830
Fax: 020 7836 4113

"The advice in this leaflet supports the aims of the
Department of Health in helping to prevent dental
decay in infants and young children."
Dame Margaret Seward
Chief Dental Officer for England

Looking after your baby's teeth



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.



here's how...here's how...here's how...