

Find out more

You can find out more information about how to look after your child's teeth and which toothpaste to use on the NHS website below.

[NHS - Looking after your baby's teeth](#)



Please call into the Family Hub to talk further about any of the topics shared here.

Grow and Learn with Me

Taking Care of Your Child's Teeth

A bright, healthy smile starts early!

This leaflet gives you some tips on caring for your child's teeth.



Babies

Did you know?

Baby teeth commonly start to appear in the mouth around 9 months of age but timing can range from 3- 12 months.

Why not try?

- Start a regular teeth cleaning routine as soon as your child's first tooth appears.
- You should brush your child's teeth twice a day, including once just before bed.
- Only use a tiny smear of fluoride toothpaste for babies and toddlers up to 3 years old.
- From 6 months you can offer your baby a drink in a non-valved free flowing cup.
- When your baby starts to eat solid foods, encourage them to eat savoury foods and drinks with no sugar.



Toddlers

Did you know?

For most children, all 20 baby teeth arrive by 3 years of age.

Why not try?

- Continue to brush your toddlers' teeth. Try to make tooth brushing fun. Try singing a song whilst brushing your toddlers' teeth.
- Children should see a dentist at least by the age of 12 months or when their first tooth appears.
- Try to avoid the amount of sugary drinks offered to your child. The sugars found naturally in whole fruit and milk are less likely to cause tooth decay.
- Bottle feeding should be discouraged from 12 months old as this has been strongly linked to tooth decay.

