



Medway Smiles

From the very beginning

Most babies will develop teeth between 6 and 12 months and will have a full set of 20 milk or baby teeth by the time they're 3 years old. The younger they are when they start to care for their teeth the less chance of dental problems later on.

In this pack you will find the essential tools to protect little teeth

- A small headed toothbrush with soft bristles
- Fluoride toothpaste 1,350-1500ppm for maximum protection.

Advice for brushing:

Start brushing your baby's teeth as soon as the first tooth arrives, you only need to apply a smear of the toothpaste until the age of 3. Make sure that you apply the toothpaste onto a dry toothbrush. After your baby's 3rd birthday you can introduce a pea sized amount to their toothbrush.

Be sure to throw out and replace the toothbrush as soon as you notice the bristles begin to flare or the tooth brush head begins to look worn.

Brush twice a day – preferably once before bedtime and one other time during the day and please remember that sugar is the main cause of tooth decay, milk and water are the only tooth friendly drinks.



Seeing an NHS Dentist is FREE for anyone under the age of 18 years old. Those who are pregnant or had a baby in the last 12 months.

Dental visits are important

Taking your baby to the dentist when their teeth first come through or by the age of one at the latest gets them off to a healthy start and accustomed to dental practice visits from an early age.

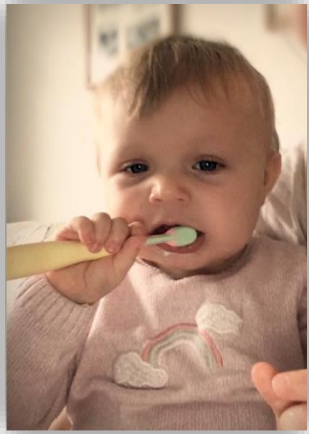
To find an NHS Dental practice near you simply call **03003112233** or visit www.nhs.uk/service-search/find-a-dentist

Dental Check by One: Promotes visiting the dentist before your child's 1st birthday. Children that visit the dentist twice yearly from an early age become familiar and confident with the dental surgery and the team.

Remember to take your Medway smiles passport with you to each dental visit and you will be presented with a Harvey bear sticker to add to your passport. Please keep the passport in the inside pocket of your child's red book.

For more information please visit our website: <https://www.medwaycommunityhealthcare.nhs.uk/our-services/a-z-services/dental-community>





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