

Ten ways to help keep children's teeth healthy.

1. Sugar is the cause of tooth decay. Reduce the amount and frequency of sugar that your child eats and drinks. Restrict sugary foods and drinks to mealtimes.
2. Eat healthy snacks such as fruit, bread or vegetables.
3. Never give sugary juices in a bottle. Give milk or water.
4. A feeder cup can be introduced at six months. Feeding bottles should be discouraged after twelve months.
5. If you do give juice, make sure it is one part juice to ten parts water and give at mealtimes only.
6. Teeth can be brushed as soon as they appear. Brush at night time and at one other time during the day using an adult fluoride toothpaste. The use of adult fluoride toothpaste can help to reduce tooth decay.
7. Begin with a small amount of toothpaste and change to a pea sized amount, when the child can spit out. Spit out excess toothpaste after brushing, but do not rinse with water. 'Spit - Don't Rinse!'
8. Children may need help with their brushing until they are six or seven years old. Make sure that all the tooth surfaces and gums are brushed.
9. Most medicines contain sugar. Ask the doctor or pharmacist for sugar free medicines.
10. Take your child to the dentist when their teeth start to appear. They should attend at least once a year, or as recommended by the dentist.

The Directorate will endeavour to make this leaflet available in alternative formats and different languages on request.

Comments or suggestions on how the service can be developed are welcome. For further information please contact: Dental Directorate, Hartington Road Health Centre, Liverpool, L8 0SQ Tel : 0151 295 8640

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