

## CARING FOR YOUR CHILD'S TEETH

Your teeth are precious. It's never too early to start looking after them. By helping your child to look after their teeth you're laying the foundations for a lifetime of healthy teeth and a happy smile.

### Tiny teeth



Teeth start to form when babies are in the womb. Some babies are born with teeth, others don't have any until they are a year old.

Your baby will show a variety of signs when their teeth are coming through. These include: flushed cheeks, dribbling, sore red gums, restlessness, irritability, disturbed sleeping and the desire to chew.

It's a painful business and teething rings either chilled or water filled may help soothe the baby. If you have any concerns talk to your dentist at Redhouse, or your health visitor.

Most children don't have a full set of teeth until they are around 3 year old. Permanent teeth start to come through at about 6 years of age. The first permanent molar (back) teeth come through behind all the baby teeth at the back of the mouth.

Permanent teeth sometimes come through slightly displaced or before the baby tooth is pushed out. Your dentist can advise on this at the next check-up.

### Brushing

Start brushing your child's teeth as soon as they appear. Use a soft, small headed toothbrush with fluoride toothpaste.

Toothpaste contains different amounts of fluoride. Fluoride protects teeth and fights decay. For children under 3 use a smear of 1,000 ppm (parts per million) fluoride toothpaste. You'll find this information on the toothpaste box. Children aged 3 years and over should use a pea sized amount of 1,350-1,500 ppm fluoride toothpaste on their brush.



### **Always help your child**

Teeth should be brushed twice a day, including just before bedtime. This is important as it means the fluoride stays in the mouth for as long as possible to strengthen the teeth.

Children should be helped and supervised when they are brushing until they are at least 7 years old. When brushing they should not use water or a mouthwash and should spit the toothpaste out without rinsing. This keeps the toothpaste on the teeth.



### **Visiting the dentist**

We've cared for some of our patients since their childhood. We've watched them grow up and many of them bring their own young ones now! We can begin seeing your child as soon as their first teeth come through. They probably won't need treatment but it will get them familiar with Redhouse and the team. They are always welcome!

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