

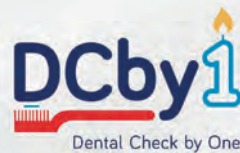


Help your child to wake up with a beautiful smile

- Just a smear of family fluoride toothpaste is enough for under 3s
- No need to rinse the toothpaste away with water
- For babies under one year, give only unsweetened milk or plain water in the last hour before bed
- From the age of one, avoid bottle feeding and use an open cup for drinks
- Avoid leaving your baby feeding with a bottle in their mouth when they are asleep



Take your baby for their first dental visit as soon as their first tooth comes through, and certainly by their first birthday.



NHS Dental checks FREE for all children

Visit your local NHS dentist for check ups and advice on caring for that special smile.

With acknowledgement and thanks to Baby Teeth DO Matter, Greater Manchester LDN



A good night's sleep helps young children to learn and improves behaviour.

Bedtime is also the most important time of the day for teeth.

This leaflet shows how you can protect your baby's smile as well as creating a soothing routine to encourage sleep.



Good night guide to healthy smiles and smooth bed times!



The golden hour for healthy smiles and bedtime routines

Keeping to the same routine every night lets children know what to expect and calms them down before bed.

Feeding at bed time

- The last hour before bed is a 'golden hour' for your child's smile and the food and drinks you give are key
- For babies under one, stick to unsweetened milk or plain water in the hour before bed
- From one year, stick to water in the hour before bed
- Babies can be encouraged to drink from an open free-flow cup when they start on solid food at around six months
- When your baby turns one year old, avoid bottle feeding



Bath time

- Brush your baby or toddler's teeth as soon as they come through
- Just a smear of family fluoride toothpaste is enough for under 3s
- No need to rinse the toothpaste away with water
- A warm bath may help your child to fall asleep more quickly



Bed time

- Avoid leaving your baby feeding with a bottle in their mouth when they are asleep
- Take time to read a calming bed time story
- Ensure the room is not too hot or too bright

