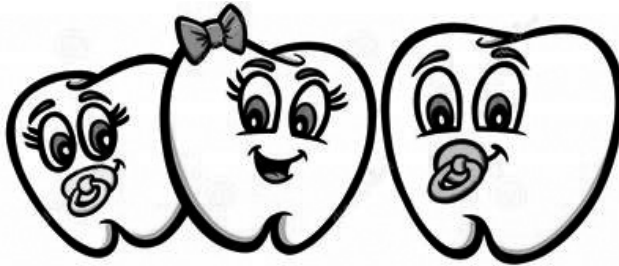


Looking after your babies teeth

Special Care Dental Services



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

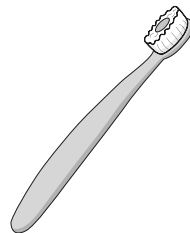
- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

When can I start caring for my baby's teeth?

You can start brushing your baby's teeth as soon as the first baby tooth comes through, usually between 4-6 months.

How should I brush my baby's teeth?

- Use a tiny smear of toothpaste for babies. This is the equivalent size to a grain of rice
- When your baby becomes familiar with having their teeth brushed start to brush more thoroughly, covering all the surfaces of the teeth. Do it at least twice a day, once just before bedtime and at another time that fits into your routine
- Not all children like having their teeth brushed, so you may have to keep trying. Make it into a game, or brush your own teeth at the same time and then help your child finish their own
- The easiest way to brush a baby's teeth is to sit them on your knee with their head resting against your chest. Some babies prefer to have their teeth cleaned whilst in the bath also.
- Brush the teeth in small circles covering all the surfaces and encourage your baby to spit the toothpaste out afterwards. Where possible we advise you **do not rinse the toothpaste from baby's mouth**
- Carry on helping your child brush their teeth until you're sure they can do it well enough themselves. This will normally be until they're at least seven
- If you have dexterity issues, special handles are available to help. Speak to your Dentist or Dental Team.



When should I take my baby to the Dentist?

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.

The dentist will advise how regular your child needs to be seen. Mothers are eligible for free dental care up until the child's first birthday. It often helps the baby or child to watch their parent have a check-up too!

Do I have to pay for my child's treatment?

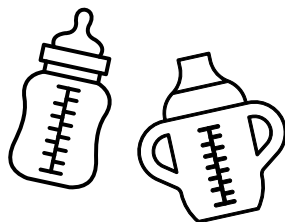
NHS Dental treatment for children is **free** until they are 16 or 18 and in full time education.

How can I prevent tooth decay?

Sugar causes tooth decay. Children who eat sweets every day, have almost twice the amount of decay as children who eat sweets less often.

This is caused not only by the amount of sugar in the sweet and drinks, but by how often the teeth are in contact with the sugar.

Sweet drinks in a bottle or feeder cup are particularly damaging because they cover the teeth in sugar for long periods of time.



The sugars found naturally in whole fruit and milk are less likely to cause tooth decay, so we don't need to cut down on these types of sugars.

- Avoid sugar-sweetened drinks - the best drinks for children are usual milk and water.
- Sugar should not be added to weaning foods or drinks
- Bottles can be used for expressed breast milk, formula milk or cooled boiled water. They should not be used for juices or sugary drinks; this will increase the chances of tooth decay.
- At bedtime or during the night, only give your baby breast milk, formula or cooled boiled water.

- Once your child sleeps through the night, only give cool boiled water should they wake.
- From six months old you can offer drinks in a free-flowing cup
- When your baby starts eating solid foods, encourage them to eat savoury food and drinks rather than sweets and fizzy pop.
- If you choose to give your child sweets and chocolate then give them at mealtimes after their food. It is better for your child to eat them all in one go than snacking on them throughout the day.
- Avoid giving your child sweets as a reward - instead use items such as stickers, badges, hair slides, crayons, small books, notebooks, colouring books and bubbles instead. Encourage family and friends to help with this also.
- If your child needs medicine, ask your Pharmacist or GP if there is a sugar free option.

To find a Dentist, you can find one on the NHS Dentist choice website or telephone directory.

Contact information

Wolverhampton's Special Care Dental Services

Pennfields Medical Centre

Upper Zoar Street

Wolverhampton

WV3 0JH

Tel: 01902 446681

E-mail: rwh-tr.pennfields-dental-services@nhs.ne

Normal Opening Hours:

Monday to Friday, 8:30am to 12:30pm and 1:30pm to 5:00pm
(excluding Bank Holidays).

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。