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Healthy Mouths and Healthy Teeth

Did you know?

- A baby's first teeth usually start to appear around 6 months old. All 20 baby teeth should appear by 30 months. At 5 or 6 years, these teeth will start to fall out, making way for 32 adult teeth
- Nearly a third of 5-year-olds and nearly half of 8-year-olds in the UK have obvious tooth decay
- Sweet drinks in a formula bottle or valved cup are particularly damaging, because they bathe the teeth in sugar for long periods of time. The acid in fruit juice drinks and squash can also harm teeth.



Key messages to share with families:

- Teeth should be brushed after the last drink at night and on at least one other occasion with [fluoride](#) toothpaste
- Parents should brush their child's teeth as soon as they appear and supervise brushing up to the age of 7
- Swap from a bottle to a free flow cup by the time your baby is one year old and stick to water or milk to drink
- If your baby has a dummy, use it for nap times only to encourage your child's teeth to grow through straight
- Make a dental appointment for your baby before their first birthday for expert advice about how to keep their new teeth healthy
- Visit your dentist regularly, as often as they recommend.

Resources:

- [Oral Health Foundation](#) - Information and resources in several languages. Includes information about [National Smile Month](#) - [Children's teeth](#), [downloadable puzzles for children](#), [Teen's Teeth](#) and [educational resources](#)
- [Brush DJ](#) plays two minutes of your music so you brush your teeth for the right amount of time. The app has short videos on how to brush your teeth and how to clean in between them using an interdental brush or floss
- [NHS Looking after your baby's teeth](#) – advice and tips including a video
- [Family Assist](#) - access to a wide range of local and national information and resources, including information about oral health
- [Emergency dental service](#) - A county wide service covering evenings and weekends
- [Finding a NHS Dentist](#) - Lists local dental practices accepting NHS patients.

References to support evidenced based practice:

[A practical guide to children's teeth](#) - The British Society of Paediatric Dentistry

[Tackling poor oral health in children](#) Public Health England 2016

[A quick guide to healthy mouths in children](#) Public Health England 2017.

Learning and development:

[Children's oral health e-learning](#) – Suitable for staff and parents.