

HELPING LEICESTERSHIRE TO BE HEALTHY



TOP TIPS FOR CHILDREN'S TOOTH CARE



- Brush your child's teeth twice a day with fluoride toothpaste containing no less than 1000ppm fluoride. Brushing should be supervised by a parent or carer
- 0-3 years apply a smear of a fluoride toothpaste on the toothbrush. 3 years and above, use a pea sized amount of toothpaste
- The best times to brush teeth are last thing at night and in the morning Spit out after brushing. Do not rinse with water
- Plain milk and plain water are the safest drinks for teeth
- Limit the number of sugary foods offered. Choose healthier snacks for example fresh fruit and vegetable sticks
- Choose sugar free medicines where possible



FINDING A DENTIST

Children should be seen by a dentist as soon as their first baby tooth appears and then attend as often as the dentist recommends. Dental treatment is free of charge on the NHS if you are registered with an NHS dentist up until the age of 18. Visit the NHS website to [find a dentist](#)

WEBSITES

To find more information and advice on oral health:

NHS:

The NHS have advice on looking after your baby's teeth. [Looking after your baby's teeth](#)

Healthy Tots Programme:

Resources for parents can be found on the [Healthy Tots Website](#)



HEALTHY EATING

To have healthy teeth it is important to have a healthy diet too!

Healthy Start is a scheme to help eligible families buy milk and fresh food. Found out more by going to the Healthy Start website or ask your health professional.



WEBSITES

Health for under 5

Information on nutrition from pregnancy to pre-school age available at [health for under fives](#).

NHS link

For baby and toddler meal and snack ideas and this [website](#).



More information on Healthy Eating can be found on the Healthy Tots website in the [resources for parents'](#) section.

PHYSICAL ACTIVITY



Active Tots is about encouraging your child to be physically active which will help give them the best start to life and continue to lead a healthy and active life in later years. There are free age stage cards with lots of free resources with ideas on ways your child can be active. www.active-together.org/active-tots

Did you know: Toddlers should be physically active every day for at least 180 minutes! For more information and guidance visit the [NHS website](#)