



TOWER HAMLETS  
**TOGETHER**  
Delivering better health  
through partnership



# Healthy teeth for under 5's

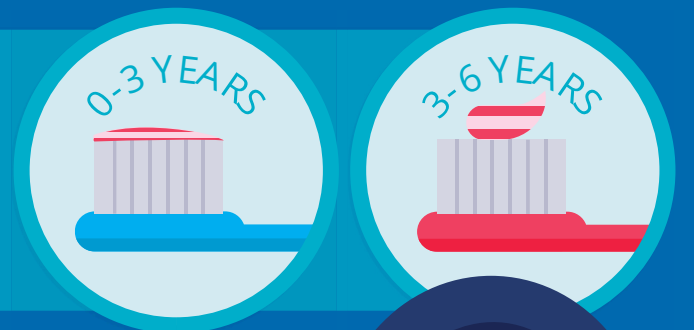
TAKE YOUR BABY TO THE DENTIST FOR ADVICE  
AS SOON AS THE FIRST TOOTH APPEARS

AS SOON AS THE FIRST TOOTH APPEARS,  
BRUSH TEETH TWICE A DAY (ONCE BEFORE BED)  
WITH FLUORIDE TOOTHPASTE— SPIT DON'T RINSE



AVOID SUGARY FOODS & DRINKS  
NEVER PUT SUGARY DRINKS OR FRUIT JUICE INTO A BABY BOTTLE

USE THE RIGHT TOOTHPASTE FOR THE AGE OF YOUR CHILD  
USE ONLY A SMEAR FROM AGES 0-3 YEARS  
& A PEA SIZED AMOUNT FROM 3-6 YEARS



PARENTS SHOULD BRUSH OR SUPERVISE  
BRUSHING UNTIL AT LEAST 7 YEARS OF AGE

NHS DENTAL TREATMENT IS FREE FOR ALL  
CHILDREN, PREGNANT WOMEN AND MOTHERS  
WHO HAVE GIVEN BIRTH IN THE LAST 12 MONTHS



For further information on oral care and where to go for help please scan the QR codes or visit [www.towerhamletstogether.com/care-confident](http://www.towerhamletstogether.com/care-confident) or [www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist).



Oral health  
video - English



Oral health  
video - Bengali