

Top tips for teeth



Children aged 0-3 and pregnant women



1. Protect your pregnancy smile

During pregnancy, you're more vulnerable to **gum disease**. Remember, your dental check-ups and treatments are **FREE** up to a year after your baby's birth.



2. Help them brush twice a day to keep decay away

From the moment their **first tooth appears**, it's time to start helping your child brush **twice a day**.



3. Protect their smile with regular visits to the dentist

Under 18's are entitled to **FREE** NHS dental treatment in England.



4. Remember no need to rinse after brushing

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.



5. Skip the sugar they're sweet enough!

Brushing before bedtime is important. Don't offer food after brushing teeth at night. To protect their smile, offer only water to drink (or milk for younger babies).



6. Go with the flow

Introducing your baby to **free-flow cups** from **6 months** can help avoid tooth decay.



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