Better Health Start for Life

NHS

To help avoid tooth decay

SAY GOODBYE to the bottle

Introducing your baby to free-flow cups from 6 months can help avoid tooth decay. Stop using baby bottles from the age of 1 year.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L220

Better Health Start for Life

NHS

Help them brush TWICE A DAY to keep decay away

Start brushing your baby's teeth twice a day as soon as their first tooth appears.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L210

Better Health Start for Life

NHS

PROTECT THEIR SMILE

with regular visits to the dentist

Remember, under 18s are entitled to FREE NHS dental treatment in England.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L214

Better Health Start for Life

NHS

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.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L218

Better Health Start for Life

NHS

Remember...

NO NEED TO RINSE after brushing

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

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L216

Better Health Start for Life

NHS

Avoid giving FRUIT JUICE & SQUASH to your baby.

Steer clear of baby and toddler drinks, they can be sugary and can cause tooth decay.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L219

Better Health Start for Life

NHS

SKIP THE SUGAR

they're sweet enough!

Too much food and drink containing sugar can harm your baby's tiny teeth. This can lead to tooth decay. To help protect their smile, avoid adding sugar to their meals.

Visit **Start for Life** or scan the QR code for more tips and advice.



S4L212