



Birmingham
Community Healthcare
NHS Foundation Trust

Top Teeth Tips

For Your Baby



This booklet is especially for:



Best Care
Healthy Communities








Congratulations on the arrival of your baby!



We're sure you are taking great care to ensure your baby is being well looked after.

This leaflet is designed to give some top tips to busy, new families on looking after your baby's teeth.





Tips for reducing Sugar

For nursing mothers:

- Babies given breast milk have less tooth decay.
- Giving a baby breast milk is great for their health.
- Breast milk exclusively for the first **6 months**.
- Continue with breast milk. Begin solid foods from **6 months**.

For bottle fed babies:

- Only put breast milk, baby milk, or cooled boiled water in your baby's bottles.
- Stop feeding from a bottle from **1 year of age**.

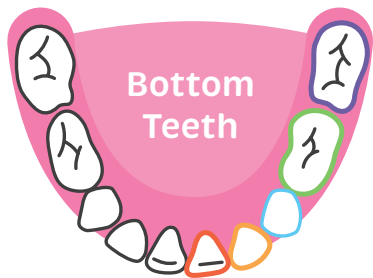


Development of baby teeth

- The first baby tooth comes through the gum between **6 and 10 months**. This is the bottom front tooth (central incisor).
- All 20 baby teeth should have come through the gum between **18 months to 3 years**.



Top Teeth	Comes in (months)	Falls out (years)
Central Incisor	8-12	6-7
Lateral Incisor	9-13	7-8
Canine	16-22	10-12
First Molar	13-19	9-11
Second Molar	25-33	10-12



Top Teeth	Comes in (months)	Falls out (years)
Second Molar	23-31	10-12
First Molar	14-18	9-11
Canine	17-23	9-12
Lateral Incisor	10-16	7-8
Central Incisor	6-10	6-7

General Advice:

From 6 months:

- Give drinks from a free flowing beaker.
- Start trying solid foods.
- Keep sweet foods and drinks to meal times, these contain sugars and acids which can damage teeth.
- Use sugar-free medicines where possible.



Do not give your baby a bottle of milk or sugary drinks to sleep

Why? Saliva, which helps protect teeth from sugar damage, is lower at night time.

Weaning

- Regular sugary snacks cause tooth decay.
- If not treated tooth decay can cause swelling and pain.

Decay can be prevented by:

- Eating sugary foods less often.
- Tooth brushing twice a day.



Tooth decay in baby teeth

Teething

All babies are different and some may not experience pain while teething. However, you may see some teething signs:

- One red cheek
- Dribbling more than normal
- Mild, raised temperature (**38°C**)
- Not sleeping well
- Face rash
- Rubbing their ear
- Gnawing and chewing on things a lot



Babies are not normally unwell due to teething. If you have concerns seek advice from your GP or call NHS 111.

Top teething tips

- Give your baby a cool teething ring from the fridge.
- Never freeze teething rings.
- Never dip teething rings in sweet things (e.g. honey).
- From **6 months**, give healthy snacks to chew on (raw fruits or vegetables). Stay close to your baby in case they choke.
- Comforting and playing with your baby can distract them from gum pain.
- Rub their gums with a clean finger.
- To prevent rashes, wipe their face when they dribble.

Talk to your GP or pharmacist if you have concerns.

Sucking habits

Do...

- Most babies do not need a dummy. For those that do, only give a dummy when they are upset.
- Sterilize the dummy as you would do for a bottle.
- Stop dummy use by **1-year**. Continued use can affect speech.

Don't...

- Dip a dummy into sweet things. This can cause dental decay.
- Put the dummy in your mouth. This can spread germs.

Dummy and thumb sucking until they start school can...

- Create a gap between the top and bottom front teeth.
- Cause front teeth to stick out. These teeth are more at risk of being damaged.



Adult teeth of child who sucked their thumb

Oral Thrush

Thrush is an infection caused by a fungus called Candida. It is usually harmless and is common in babies. Sterilising dummies and bottles after each use can help to prevent oral thrush.

Signs of thrush in babies:

- A white coating on the tongue like cottage cheese – this cannot be rubbed off easily.
- White spots in their mouth.
- They do not want to feed.
- Nappy rash.

Babies can pass on thrush to mother's through breastfeeding. This can cause nipple thrush.

Treatment:

- Speak to your pharmacist. Babies over **4 months** can be treated with a mouth gel.
- Speak to your GP if your baby is under **4 months** or there is no improvement after **1 week**.



Tooth Brushing

As soon as your baby's teeth come in, **brush twice a day**:

- Brush for **2 minutes** last thing at night and at one other time
- Use only a smear of toothpaste for children **0-3 years**
- Encourage 'spit don't rinse' with water after brushing
- Use a toothpaste containing at least 1000 ppm fluoride
- There are toothpastes that do not foam and with no flavour.



For more information on how to brush your baby's teeth scan the QR code or follow the link below:

www.nhs.uk/conditions/baby/babys-development/teething/looking-after-your-babys-teeth/



Dental Check by One Year Old

Take your baby to see a dentist as soon as their first teeth appear and before their first birthday. This will help your baby to get used to the dentist.

To find a dentist for your baby phone NHS 111 or visit:

www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/

Did you know?



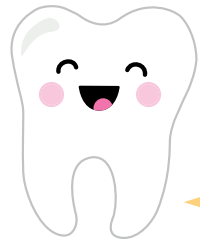
NHS dental check-ups and treatment are **FREE** for:

- Children under the age of **18**
- Pregnant mothers and until your baby's **first birthday**



Take Home Points

- 1** Cooled teething rings can help with teething
- 2** Only breast milk, baby formula or cool, boiled water in baby bottles
- 3** Do not dip dummies or teething rings in sweet foods or drinks
- 4** Stop dummy sucking and bottle use after **1 year**
- 5** Start using a free flowing beaker from **6 months**
- 6** Do not give a bottle of milk or other sweet drinks to sleep
- 7** Keep sweet foods or drinks to meal times
- 8** Brush your baby's teeth twice a day for **2 minutes**
Use toothpaste with at least **1000ppm** fluoride
- 9** 'Spit don't rinse' after brushing
- 10** Dental check up by **1 year** of age



For further information or advice contact:

Oral Health Improvement Team

Glebefields Health Centre

St Marks Road

DY4 OSN

Telephone: **0121 683 2315**