

Top tips for dental care

Babies and toddlers



0 to 19
TORBAY
for you

Register your baby at your dental practice as soon as possible, due to the NHS waiting list.

It is recommended that all children should be seen by a dentist by the age of one but this isn't always possible if you are on a waiting list.

If you don't have a dentist, please contact the dental helpline:

 03330 063300

 AccessDentalHelpline@nhs.net



Things to know

- You can introduce a toothbrush to your baby before they get teeth. This will get them used to the brush and can help with teething.
- Once teeth arrive, use a tiny smear of toothpaste on the brush.
- Brush your baby's teeth twice a day, once in the morning an hour after food and before they go to bed.
- All children should be supervised cleaning their teeth till the age of 7.
- Let your baby see you cleaning your teeth.
- Never put fizzy drink, milkshakes, tea, squash into bottles/sippy cups as it can cause tooth decay.
- Take your baby to your dentist appointments so they can get used to the environment.

Night feeds: The advice for babies having night feeds is to wipe the mouth out with a damp guaze after each feed. This will reduce the risk of tooth decay.