

I love my

NEW BABY TOOTH!



Leicester
City Council



Look, Mum –
I have a new, sparkly tooth!



I need a small toothbrush
with soft bristles.



I need toothpaste with fluoride.



I only need a smear of fluoride
toothpaste on my toothbrush.



I need to brush my tooth
two times a day.



I don't need my baby bottle anymore.

A free flow cup allows water/milk to drip from the spout when upside down



I need to drink from a free-flow cup – it's better for my teeth.



Milk or water is best for me.



I don't need sweet or fizzy drinks.



I need to show the dentist
my new tooth!

Visit the dentist!

- NHS dental care is **FREE** until the age of 18
- **FREE** NHS dental care for **ALL** pregnant mothers **AND** for 12 months after birth
- Take children to see the dentist **as soon as** the first baby tooth shows in the mouth
- Take your child to the dentist **regularly**, not just when in pain
- Ask your dentist to brush on **fluoride varnish** for added protection against tooth decay (for children aged 3 and above) - **IT'S FREE!**

Make brushing your teeth fun!

FREE Brush DJ App

- Play 2 minutes of music for brushing
- Set reminders for brushing and visiting your dentist or hygienist

Get Sugar Smart!

FREE Change4Life App

- Scan bar codes of food packaging
- See the number of sugar cubes in your food and drink



To Find Your Local NHS Dentist:

Visit NHS Choices website at www.nhs.uk/dentists
Or call your local Healthwatch on **0116 251 8313**

Need URGENT dental care?

Calls are **FREE** from landlines and mobile phones



The NHS
non-emergency
number