

Advice for Children Aged Up to 3 Years



Tooth Brushing

- Brush your child's teeth yourself twice daily as soon as they appear in the mouth
- Use only a smear of toothpaste containing no less than 1000ppm fluoride

Food and Drink

- Breast feed for as long as possible – it provides the best nutrition for babies
- From 6 months introduce babies to a drinking cup
- From 1 year, stop bottle feeding completely
- Start good habits early – do not add sugars to drinks or weaning foods
- Limit sugary food and drink to mealtimes and no more than 4 times a day
- Avoid sugary food and drink immediately before bed time. This is because there is less saliva flow at night to wash it away.
- Use sugar-free medicines rather than ones with sugar