



# It's never too early to start caring for your child's teeth

Find out when you should take your child to the dentist. See overleaf.



### — Starting out: 0 to 16 months

Even before your baby starts teething, you can clean your baby's mouth using specially designed baby dental wipes. This will help to reduce bacteria and encourage a healthy environment for baby teeth when they do appear.



### — Onwards and upwards: 3 to 6 years

By three, your child should start trying to brush their own teeth.

They should start seeing the dentist regularly to make sure that any potential problems are identified before they develop. Visiting the dental practice early will also help them to establish a positive relationship with their dentist.



### — Getting to grips: 10 months to 3 years

You should begin brushing your baby's teeth as soon as their first tooth appears.

Toddlers can then be given their own chewable toothbrushes to help them get into the habit of cleaning their teeth early on.



### — Up and running: 6 years onwards

By the age of six or seven, adult teeth will have started to grow. For this reason, it's especially important that sugary food and drink is avoided if possible.

Brushing should still be supervised by an adult until children are over seven years old and you're sure they're doing it correctly.

# How to care for children's teeth