



# Oral Health

**What is Oral Health?** The practice of keeping the mouth and teeth clean to prevent dental problems, most commonly tooth decay, inflammation of the gums, gum diseases and bad breath.

## Children's Teeth: (Also known as milk teeth)



Milk teeth may begin to emerge through the gums around **6 months** (it may be earlier or later, there are occasions where teeth may be present at birth) Children have around **20** milk teeth by the age of **3**.

Milk teeth are important as they keep space for adult teeth to erupt in the child's mouth. If lost early this can lead to over-crowding of teeth in the mouth.

## Healthy Mouth and Teeth:

You can start to brush your baby's teeth as soon as they start to come through.

Use a baby toothbrush, wash cloth/gauze or finger brush with a tiny smear of fluoride toothpaste (**1000ppm fluoride**)

It is recommended to brush your teeth **2** minutes **twice** a day.



Toothbrush should be changed every **3** months or when **damaged**. Just spit out after brushing teeth, do not rinse with water as it washes away the fluoride.

NHS dental treatment for children is **FREE** register your child with your dentist as soon as their first tooth erupts (or around 9 months of age)

<https://www.dentalwellnesstrust.org/>

<https://www.earlystartgroup.com/nutrition-services/top-tips-for-tooth-brushing/>

