

Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

Tel: 0161 716 3178

Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us.

You can also contact the Trust's Complaints Department via post at: Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

Tel: 0161 716 3083

Email: complaints.penninecare@nhs.net

Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language, speak to a member of staff.

Contact us

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Acre House
51A Manchester Road
Denton
Tameside
M34 2AF

Tel: 0161 716 2000

Email: bewelltameside@nhs.net

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Further guidance

For more information please visit:

www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention

**BE WELL
TAMESIDE**

BECAUSE THERE'S ONLY
ONE YOU

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NHS

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**Brush together,
smile forever**

Good oral hygiene for babies
and young children

When should I start brushing my baby's teeth?

Brushing should start as soon as the first tooth appears.

How often should I brush?

Brushing should occur twice daily as a minimum for at least two minutes.

Always brush just before bed and at one other time to suit your daily routine.

What sort of toothbrush should I use?

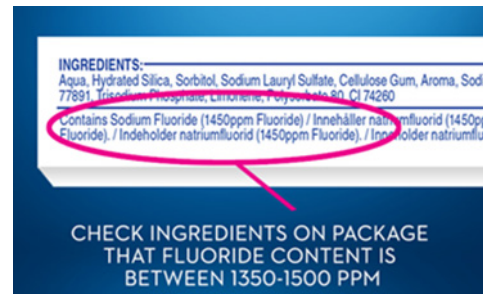
You should choose either a manual or powered toothbrush. If using a manual brush with babies choose a small, soft toothbrush. For older children brushing is more effective with a small headed toothbrush with medium texture bristles.

If using a powered toothbrush choose one with a rotating/oscillating head. These brushes often have timers/apps which can help motivate younger children to brush.

Should I use fluoride toothpaste for my child?

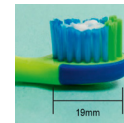
Yes, fluoride helps to strengthen the teeth. Choose a toothpaste that contains no less than 1,000 ppmF (parts per million) fluoride. Family fluoride toothpaste that contains

between 1,350 -1,500 ppmF will give maximum protection against tooth decay. Always check the label.



How much toothpaste should I use with my child?

For children aged up to three years old it is good practice to use only a smear of fluoride toothpaste as shown in the picture.



For children aged three years and older it is good practice to use only a pea-size amount of fluoride toothpaste as shown in the picture.



When can they brush on their own?

Young children need to be helped or supervised by an adult when brushing until at least seven years of age. Some children with additional needs may need extra or long term help.

My child likes to eat toothpaste, is that okay?

No, don't let your child eat or lick toothpaste from the tube.

Should my child rinse with water after brushing?

No, rinsing with water or mouthwash after brushing should be discouraged - spitting out any excess toothpaste is preferable.

Top tips for toothbrushing

- Get into a regular toothbrushing routine as soon as the first tooth appears
- Use a family fluoride toothpaste
- Choose a suitable toothbrush
- Brush for two minutes at least twice a day- the most important time is just before bed
- Young children under 7 years old should always be supervised by an adult whilst toothbrushing
- Spit, don't rinse. Leaving fluoride on the teeth helps to protect against tooth decay.