

# first teeth, healthy teeth



A guide for health professionals, parents and carers



Healthier  
Scotland  
Scottish  
Government

# Using *this* guide

*First Teeth, Healthy Teeth* is presented in an A5 interactive flip format and has been developed as a two-sided guide. One side contains simple oral health advice, broken down into bullet points (like a script) for you to pass on to the parent or carer. These advice points should act as a guide to direct discussion. The other side is tailored towards the parent or carer and includes photographs or X-rays illustrating examples of nursing bottle decay, dental erosion and the development of teeth.



professional page

parent or carer page

# Welcome

*First Teeth, Healthy Teeth* is a practical guide for health visitors and others to provide clear, up-to-date information about oral health to parents and carers of babies and children up to the age of 5 years. It has been produced to support **Childsmile**. For further information on **Childsmile**, see the inside back cover of this guide.

It will support you in delivering oral health promotion advice with confidence, and provides easy access to information on subjects including oral health in pregnancy, registering with a dentist, teething, toothbrushing and nutrition.

Scotland's national oral health surveys reveal high levels of dental decay in children. It is therefore vital that the basis of good health is laid down in the child's early years, even before the first tooth erupts.

Establishing and maintaining good oral care and healthy eating habits begins at home, and provides the foundation for good oral health for the whole family.



This resource may also be made available on request in the following formats:



☎ 0131 314 5300

✉ [nhs.healthscotland-alternativeformats@nhs.net](mailto:nhs.healthscotland-alternativeformats@nhs.net)

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Mother and Baby Picture Library

Science Photo Library

**Oral health  
in pregnancy**

**Registering with a dentist**

**Children's teeth**

**Looking after teeth**

**Tooth decay and  
dental erosion**

**Nutrition**

**Other useful  
information**

**Contacts and resources**

# Oral health in pregnancy



- Oral health in pregnancy
- Attending the dentist during pregnancy
- Dental advice during pregnancy

# Oral health in pregnancy



Eating a well-balanced diet will also help you to keep healthy and help your baby grow.

- It's important to develop and continue with a good oral hygiene routine during your pregnancy, including brushing your teeth at least twice daily with at least **1450** parts per million (ppm) fluoride toothpaste.
- Drinking alcohol and smoking should be avoided completely.



# Oral health in pregnancy

- It's very important to look after your teeth and gums while you are pregnant. You should develop and continue a good oral hygiene routine, including brushing at least twice daily with at least **1450 ppm** fluoride toothpaste, and flossing to avoid gums swelling or bleeding. Check the side of the toothpaste tube to see how much fluoride it contains.
- Drinking alcohol and smoking should be avoided completely as they are linked to cancer and periodontal (gum) disease and can affect your developing baby. There is no known safe level of alcohol consumption during pregnancy. Your baby can be harmed by alcohol at any stage.



Promote and link to local smoking cessation and alcohol support services if necessary.



# Attending the dentist during pregnancy

- NHS dental treatment is free during pregnancy and for one year following the birth of your baby.
- It is important to inform your dental team as soon as your pregnancy is confirmed.





# *Attending the dentist during pregnancy*

- Registration and regular attendance at a dental practice is particularly important during your pregnancy.
- It is important to inform your dental team as soon as your pregnancy is confirmed.
- NHS dental treatment is free during pregnancy and for one year following the birth of your baby, so book an appointment now.
- The dentist and other members of the dental team will be able to offer advice and provide any necessary treatment.

# Dental advice during pregnancy

- When you are pregnant your hormone balance changes, and if you don't practise good oral hygiene your gums may swell or bleed.
- A good oral hygiene routine can improve pregnancy gingivitis.



**Pregnancy gingivitis**



# Dental advice during pregnancy

## Pregnancy-related sickness

- Vomiting can occur during your pregnancy, and the contents of your stomach can be very acidic.
- This acid can damage the surface of your teeth, softening the enamel and leading to erosion.
- Use a fluoride (alcohol-free) mouthwash after vomiting.
- Don't brush your teeth immediately after vomiting as this rubs away the outer surface of the enamel.

## Pregnancy gingivitis

- When you are pregnant your hormone balance changes, and if you don't practise good oral hygiene your gums may swell or bleed; this should disappear after the birth of your baby.
- Regular brushing of teeth and gums and daily use of dental floss will lessen these symptoms.
- Seek professional help if your gums continue to bleed. Your dentist or hygienist will scale (clean) your teeth and give instruction on brushing and use of dental aids.



# Registering with a dentist

- Dental attendance for babies and children
- What is Childsmile?

# Dental attendance for babies and children



- Visit your dental team with your child at least twice a year for clinical care and advice on how to protect their teeth.

All NHS dental treatment is free for all children up to and including the age of 17.



# Dental attendance for babies and children

- Register your baby with a dentist by 6 months or at least as soon as his/her first tooth appears.
- Visit your dental team with your child at least twice a year for clinical care and advice on how to protect their teeth.
- Taking a child along to the dental team from a young age helps them to get used to the sights, sounds and smells of a dental practice.
- All NHS dental treatment in Scotland is free for all children up to and including the age of 17.



**Remind parent or carer that they can contact their local NHS Board for details of NHS dentists in their area and for more information on the Childsmile programme and local services (see template at the back of this resource).**

# What is Childsmile?

- **Childsmile** is a national programme designed to give your child's teeth the best possible start. Every child is eligible to receive a free oral health pack, free-flow drinking cup and daily supervised nursery toothbrushing.
- Within your area Childsmile offers a variety of initiatives, including:
  - supervised toothbrushing in some primary schools
  - fluoride varnish programmes in some nurseries and schools
  - access to **Childsmile** dental services for advice and support
  - community and oral health activities.



Visit [www.child-smile.org](http://www.child-smile.org)





## What is Childsmile?

- **Childsmile** is a national programme designed to support you in giving your child's teeth the best possible start.
- **Childsmile** ensures that:
  - every child in Scotland receives a free oral health pack on at least six occasions
  - a free-flow cup is provided in the baby's first year
  - every nursery in Scotland is offered daily supervised toothbrushing.
- A variety of initiatives may also be available in your area, including:
  - daily supervised toothbrushing in Primary 1 and 2 classes of some primary schools
  - access to **Childsmile** dental services for advice and clinical preventative care to support you in keeping your child's teeth healthy
  - community oral health activities.



## Children's teeth

- Why are first teeth important?
- Teething
- Signs of teething
- Easing teething

# Why are first teeth important?



**X-ray of  
1-month-old baby**



**X-ray of 3-year-old**

- First teeth are developmentally important for a child's speech, eating, smile and appearance.

**Tooth decay  
is preventable.  
Keep first  
teeth healthy!**



## Why are first teeth important?

- First teeth are developmentally important for your child's speech, eating and smile.
- Tooth decay is preventable. Keep first teeth healthy.
- It is important that your child's first teeth stay in the mouth until the time they would fall out naturally – these teeth maintain the space available for their adult teeth which are developing under the roots.
- Early loss of first teeth can lead to overcrowding when adult teeth appear. This may lead to the child needing orthodontic treatment in later years.
- Look at these two X-rays of first teeth – the first is of a 1-month-old baby and the second is of a 3-year-old toddler.

# Teething

- Watch your baby develop their first teeth.

Shows new teeth



Shows existing teeth



**Incisors**  
**6–12 months**



**First molars**  
**12–18 months**



**Canines**  
**18–24 months**



**Second molars**  
**24–36 months**



## Teething

- Teeth may begin to erupt at about 6 months, but it is important to realise that sometimes teething can start much earlier or later than this.
- It is not unusual for babies to be born with one or more teeth.
- Don't worry if your baby's teeth come through early or late – it won't affect their overall health.
- Some babies sail through the teething process and are showing off their first teeth before you know it. Others will have a more difficult time.

# *Signs of teething*



**Two upper  
teeth showing**



**Lower  
tooth showing**

- Teething normally starts from around the age of 6 months.



## Signs of teething

- Teeth normally appear at around 6 months. However, from the age of 3 months signs of teething may include:
  - dribbling more than usual
  - flushed cheeks
  - sore, red gums
  - loss of appetite
  - irritability and disturbed sleep patterns
  - restlessness
  - chewing or biting on anything they can lay their hands on.



Remind parent or carer that if their baby seems unusually listless and unhappy, these may not be just simple teething troubles. They should contact their GP if they are unsure.



# *Easing teething*



**Parent or carer massaging gums**

- Lightly massaging gums with a clean finger or a dry toothbrush can be soothing.

*Extra cuddles  
and hugs will  
help to comfort  
and reassure  
your baby.*



## *Easing teething*

- Some of these tips may help to ease teething:
  - lightly massage the gums with a clean finger or a dry toothbrush
  - teething rings (cooled in the fridge) can provide temporary relief
  - extra cuddles and hugs will help to comfort and reassure your baby
  - excessive dribbling can irritate your baby's chin, neck and chest, which can become dry, chapped and sore. Try to keep the skin as dry as possible and change any wet clothing. Apply a simple barrier cream to keep the skin soft and smooth.



- Toothbrushes and toothpaste
- Toothbrushing: when to brush
- Toothbrushing: how to brush

## Looking after teeth

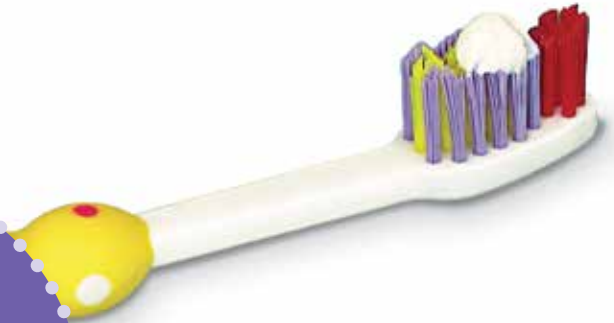
# Toothbrushes and toothpaste

## How much toothpaste to use



**Smear of toothpaste  
(under 3 years of age)**

**Older children  
should be encouraged  
to spit out excess  
toothpaste and not  
rinse after brushing.**



**A small pea-sized  
amount of toothpaste  
(3 years of age and  
above)**



# Toothbrushes and toothpaste

## Which toothbrush?

- Use a child-size toothbrush with a small head and soft bristles.
- Toothbrushes should be replaced every three months, or sooner if the bristles splay.

## Which toothpaste?

- Use a fluoride toothpaste.
- Ensure that you check the label as some children's toothpastes do not contain enough fluoride – you should be using a toothpaste containing at least 1000 ppm fluoride.
- For children under 3 years of age, use a **smear** of fluoride toothpaste (at least 1000 ppm) on a dry toothbrush.
- For children aged 3 years and above, use a small **pea-sized** amount of toothpaste containing at least 1000 ppm fluoride.

# Toothbrushing: when to brush

- Teeth should be brushed last thing at night and at least one other time during the day.
- You might find a good time for toothbrushing is playtime or bathtime.
- Young children should never be left unsupervised with a toothbrush.

Check with your dental team or health visitor if you are unsure about how to best look after your baby's teeth.





## Toothbrushing: when to brush

- Toothbrushing is an essential life skill and can be a fun part of your child's daily routine.
- As soon as your baby's first tooth starts to appear, brush their teeth and gums at least twice a day with toothpaste containing at least 1000 ppm fluoride.
- Teeth should be brushed last thing at night and at least one other time during the day.
- Always supervise toothbrushing, until your child is at least 7.

# Toothbrushing: *how to brush*

## Toothbrushing positions

### Stage 1: Baby



### Stage 2: Toddler



As your child gets older, try to include toothbrushing as part of their morning and evening routine.





## Toothbrushing: how to brush

- One of the easiest ways to brush your child's teeth is from behind. Comfortable and safe positions for your baby can be on your knee, on a changing mat, in a baby chair/high chair, or sitting in a pram or buggy.
- When only a tiny part of your baby's first tooth is showing, gently brush the enamel with a smear of toothpaste on a small toothbrush.
- As more teeth come through, it is important to develop a system of brushing that ensures that all surfaces of all the teeth are brushed thoroughly each time.
- Encourage older children to spit out excess toothpaste and discourage them from rinsing the mouth with water. This will give the fluoride more time to work.



- Tooth decay
- Nursing bottle decay
- Dental erosion

**Tooth decay and  
dental erosion**

# Tooth decay



**Healthy teeth**



**Decayed teeth**

- Foods and drinks containing sugar should be kept to a minimum and are best given at mealtimes.



## Tooth decay

- Everyone's mouth contains plaque (which contains bacteria). When plaque is exposed to sugars in foods and drinks, the bacteria produce acids. These acids damage teeth by dissolving the tooth surface.
- When sugary foods and drinks are consumed frequently, acids are produced more often and damage is caused to teeth.
- Foods and drinks containing sugar should be kept to a minimum and are best given at mealtimes.

# Nursing bottle decay

- These pictures are of children who frequently consume drinks containing sugar from a feeding bottle.





## Nursing bottle decay

- If your baby is well established on solids and wants a drink during the night, only give them plain tap water or breast milk.
- Never leave your baby alone with a feeding bottle, especially at night, as this is a choking hazard.
- When front teeth are exposed to sugar for long periods of time, a condition called 'nursing bottle decay' can develop.
- The 'drip-feed effect' of liquids that contain sugar (including milk) from bottles left with a baby overnight or between meals means that the teeth are constantly under acid attack. The frequency and duration of sugar being left in the mouth can affect the health of your baby's teeth.
- In between meals, only give your baby plain milk or tap water from a free-flow or open cup.

# Dental erosion

- Many foods and drinks are acidic and could cause erosion to your baby's teeth.
- Avoid acidic foods and drinks between meals.





## Dental erosion

- Many foods and drinks are acidic, which can lead to erosion of the tooth surfaces. To help prevent erosion:
  - choose only plain milk or water
  - make sure your child does not hold or swish drinks around the mouth before they swallow
  - reduce the frequency of consumption of acidic foods and fizzy acidic drinks and avoid between meals
  - place a narrow drinking straw well back into the mouth so that it does not touch the teeth. This can help to divert acid away from the teeth.





- Breastfeeding your baby
- Advice for parents/carers of formula-fed infants
- Weaning
- Healthy snacks
- Hidden sugars
- Drinks

**Nutrition**

# Breastfeeding your baby

- The longer you breastfeed, the better it is for you and your baby. Breast milk contains all the goodness and nutrients your baby needs, as well as antibodies, which help fight infection.
- For more information see [www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)





## Breastfeeding your baby

- How is your feeding going?
- Breastfed babies don't require any other food or drinks until they are around 6 months old.
- The longer you breastfeed, the better it is for you and your baby. Breast milk contains all the goodness and nutrients your baby needs, as well as antibodies, which help fight infection.



Any advice you give should be tailored to the baby's age.

# Advice for parents/carers of formula-fed infants

- Only make up one bottle of formula at a time.
- Don't add anything to the made-up formula.
- Always follow the manufacturer's instructions about how to make up a bottle – don't be tempted to add extra scoops of powder.
- If your baby is under 6 months and needs any liquids between feeds, only give them cooled boiled tap water, with nothing added.

See the NHS Health Scotland publication on formula feeding  
[www.healthscotland.com/documents/5523.aspx](http://www.healthscotland.com/documents/5523.aspx)





## Advice for parents/carers of formula-fed infants

- Follow the instructions on the pack very carefully when you make up infant formula; adding extra scoops can make your baby ill.
- Only make up one bottle of formula at a time – once it's made up, it can go off quickly.
- Never add anything at all to the made-up formula.
- If your baby is under 6 months and needs any liquids between feeds, only give them cooled boiled tap water, with nothing added. From 6 months onwards there is no need to boil tap water.
- Your baby should have whey-based (or first stage) formula milk, not ordinary cow's milk, until they reach the age of 1. Then they can move on to pasteurised full-fat cow's milk.

# Weaning



- No sugar (in any form) or salt should be added to weaning foods.
- For the most up-to-date advice on weaning your baby, ask your health visitor for a copy of *Fun First Foods*.





## Weaning

- When your baby is ready to be weaned you'll notice:
  - they can sit up
  - they begin to pick up food and put it in their mouth
  - they have better hand–eye coordination.
- Waking in the night when they have been sleeping through is not a sign that they are ready to be weaned.
- Current advice is that by 6 months old, most babies will be ready for other foods in addition to milk.
- Key oral health points are:
  - no sugar (in any form) or salt should be added to weaning foods
  - make your own weaning foods, as these tend to be lower in sugar
  - if you give your baby sugary foods, this can encourage them to have a preference for sweet foods and lead to tooth decay when their teeth start to come through.

# Healthy snacks

- Plan ahead and take healthy snacks with you when you are out and about, in case suitable snacks aren't available to buy.



Flavoured yoghurts can contain a lot of hidden sugar so these should be restricted to mealtimes.





## Healthy snacks

- Foods containing sugar should be kept to a minimum and are best given at mealtimes.
- To help prevent tooth decay, snacks should be nutritious and free from added sugar and salt.



With Healthy Start, parents or carers can get vouchers for milk, fresh fruit and fresh vegetables. See page 64 of *Ready Steady Baby!* or [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) for more information.

# Healthy snacks

- Here are some suggestions for healthier snacks.

toast



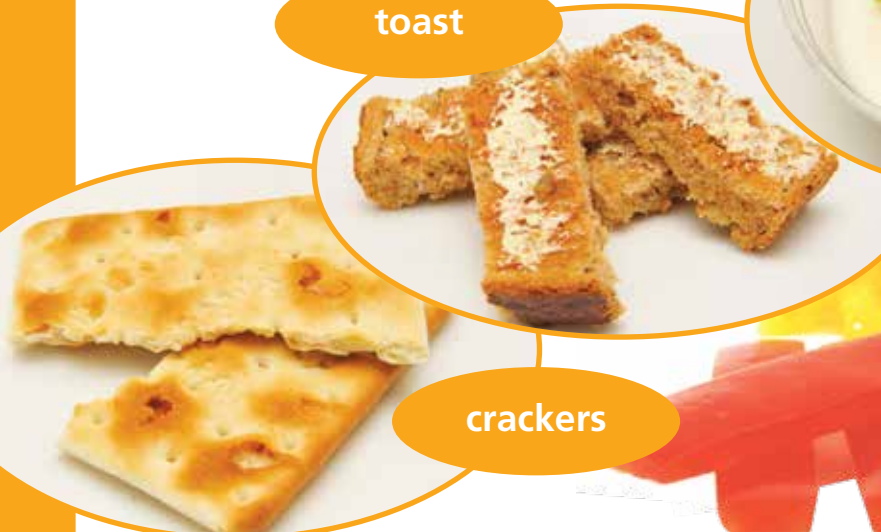
fresh fruit and natural yoghurt



oatcakes



crackers





## Healthy snacks

- You can prepare a variety of healthy, nutritious snacks, including:
  - natural yoghurt or plain fromage frais with fresh fruit
  - bite-sized pieces of fresh fruit, such as cubes or slices of apple, pear, satsuma, orange, banana, kiwi, melon or strawberries. Halve or chop small fruits. To reduce the risk of choking, remove any stones or pips before serving
  - chopped vegetables, including cooked carrot, pepper, cucumber, celery, cherry tomato and courgette
  - toast, bread rolls, baps or French bread with a small amount of polyunsaturated spread
  - small sandwiches with cheese, tuna or thin slices of meat. Pitta bread pockets on their own or with a filling
  - English muffins, Scotch pancakes, crumpets
  - low-salt oatcakes, rice cakes, crackers and crisp breads.

# Hidden sugars



## Finger biscuits

### Ingredients

WHEAT FLOUR, **SUGAR**, **APPLE PUREE** (8%), VEGETABLE OIL, SKIMMED MILK POWDER, **BARLEY MALT**, DIETARY FIBRE (INULIN), RAISING AGENTS, (AMMONIUM BICARBONATE, SODIUM PHOSPHATE, SODIUM BICARBONATE), CALCIUM CARBONATE, FLAVOURINGS, IRON FUMARATE.

### Nutrition Information

Typical Values	Per 100 g
Energy	1712 kJ/406 kcal
Protein	10.0 g
Carbohydrate	69.6 g
<b>of which sugars</b>	<b>20 g</b>
Fat	9.7 g
of which saturates	(4.0 g)
Fibre	4.0 g
Sodium	0.18 g

## Cereal bar

### Ingredients

WHOLE GRAIN ROLLED OATS, **SUGAR**, SUNFLOWER OIL, WATER, **HONEY**, SALT, **MOLASSES**, EMULSIFIER, SOYA LECITHIN, RAISING AGENT, SODIUM BICARBONATE.

### Nutrition Information

Typical Values	Per 100 g
Energy	1934 kJ/460 kcal
Protein	8.3 g
Carbohydrate	70.4 g
<b>of which sugars</b>	<b>27.0 g</b>
Fat	16.1 g
of which saturates	2.0 g
Fibre	6.2 g
Sodium	0.3 g





## Hidden sugars

- Some sweet-tasting foods don't have the word 'sugar' in the ingredients list on their packaging, but still have sugar in them – it's just expressed in a different way, for example 'dextrose' or 'modified starch'.
- Foods and drinks containing sugar should be limited and are best given at mealtimes.
- Check the label and watch out for foods that have hidden sugars. The main ones to look out for are:

**honey, sucrose, glucose, maltose, dextrose, fructose, hydrolysed starch, corn or maize syrup, molasses, raw/brown sugar, treacle and concentrated fruit juice.**
- If you see one of these words near the top of the ingredients list then the product is high in sugars.

# Hidden sugars

## Chocolate bake bar

### Ingredients

CEREALS, WHEAT FLOUR, ROLLED OATS, INVERT SUGAR SYRUP, CHOCOLATE CHIPS (COCOA MASS, SUGAR, FAT REDUCED COCOA POWDER, EMULSIFIER (SOY LECITHIN), GLUCOSE SYRUP, APPLE, VEGETABLE OIL, SUGAR, EMULSIFIERS, DRIED SKIMMED MILK, RAISING AGENT, SALT, MODIFIED STARCH, FLAVOURINGS, MOLASSES, STABILIZER, BARLEY MALT EXTRACT, ANTIOXIDANT (ASCORBIC ACID), NIACIN, IRON, VITAMIN B6, RIBOFLAVIN (B2), THIAMIN (B1), FOLIC ACID, VITAMIN B12.

### Nutrition Information

Typical Values	Per 100 g
Energy	1674 kJ/398 kcal
Protein	5 g
Carbohydrate	63 g
<u>of which sugars</u>	<b>36 g</b>
Fat	14 g
of which saturates	3.5 g
Fibre	3.5 g
Sodium	0.2 g

15 g per 100 g  
is a HIGH sugar  
content and  
5 g per 100 g  
is a LOW  
sugar content.





## Hidden sugars

- Check labels on food packaging to determine sugar content.
- Look for the 'carbohydrate (of which sugars)' figure in the nutrition information panel. The panel is usually found on the back of food products.

**15 g per 100 g is a  
HIGH sugar content**

**5 g per 100 g is a  
LOW sugar content**



See [www.foodstandards.gov.scot/foodlabels](http://www.foodstandards.gov.scot/foodlabels) for more information on labelling.

# Drinks



A free-flow cup  
is given out  
as part of the  
Childsmile  
programme.

- The only drinks offered between meals should be plain milk or tap water.
- Discourage sugary, fizzy drinks, or squashes (including sugar-free varieties). Offer only at mealtimes. Never put them in a baby feeding bottle, and especially not at bedtime.
- To help introduce your baby to a free-flow cup, first try a little water or milk in an egg cup or the lid of their bottle to help with tongue movements to lap up the drink.





## Drinks

- Introduce a cup at 6 months. Aim to have your baby no longer drinking from a feeding bottle by their first birthday.
- Using a free-flow spouted cup is the first stage of your baby's progress to an open cup.
- Valve cups (non-spill types) are not recommended. The sucking motion can indirectly lead to speech problems.
- If your baby is under 1 year old and wants a drink between meals, offer only milk (breast or formula) or tap water. Remember if your baby is under 6 months tap water must be boiled and cooled first.
- Small amounts of pure, unsweetened fruit juice should be given only at mealtimes and diluted 50:50 with water.
- Discourage sugary, fizzy drinks, or squashes (including sugar-free varieties). Offer only at mealtimes. Never put them in a baby feeding bottle, and especially not at bedtime.



- Dummies
- Sugar-free medicines
- First aid for teeth (up to 6 years)

**Other useful  
information**

# Dummies

- If your child uses a dummy:
  - choose an orthodontic dummy
  - never dip it in anything sweet, for example, jam or honey.
- If your baby is content, remove the dummy from their mouth. This encourages smiles and conversations and may help when trying to wean your child from using a dummy at an older age.



**The most  
up-to-date advice  
on dummies is  
available from  
your health visitor.**



## Dummies

- If your child currently uses a dummy, bear the following in mind:
  - choose an orthodontic dummy
  - never dip it in anything sweet, for example, jam or honey.
- If your baby is content, remove the dummy from their mouth. This encourages smiles and conversations and may help when trying to wean your child from using a dummy at an older age.



**Reminder! For the most up-to-date advice, check current guidelines.**

# Sugar-free medicines

- Some liquid medicines contain as much as 50% sugar.
- Ask your pharmacist for over-the-counter sugar-free medicines.
- Ask your GP/dentist to prescribe sugar-free medicines.



Caring for teeth is a family routine, so try to do the same for yourself as you do for your child.



## Sugar-free medicines

- Some liquid medicines contain as much as 50% sugar.
- Ask your pharmacist for over-the-counter sugar-free medicines.
- Ask your GP/dentist to prescribe sugar-free medicines.
- If there is no sugar-free option, try to give the medicine at meal times, if appropriate.
- Avoid giving medicine containing sugar to your child last thing at night, if possible.
- More frequent dental attendance is required if your child is on long-term medication.

# First aid for teeth (up to 6 years)



## Chipped or broken tooth

- In the event of any injury to the mouth, consult a dentist as soon as possible.
- Watch out for children avoiding eating on their front teeth, swellings in the gum above the teeth or colour changes to traumatised teeth.



## Loose or out-of-position tooth

- Consult a dentist as soon as possible. The unerupted adult tooth may have been harmed, and the child needs to be reviewed regularly to check that the baby tooth is lost and the adult tooth erupts at the correct time.



# First aid for teeth (up to 6 years)

## Chipped or broken tooth

- Accidents can happen when children are starting to walk or are unsteady on their feet.
- The front teeth are the most commonly affected.
- Keep calm and concentrate on the child's wellbeing.
- In the event of any injury to the mouth, consult a dentist as soon as possible.
- If possible, find the tooth fragment and keep it to show to the dentist.

## Loose or out-of-position tooth

- Stop any bleeding by compressing the injured area with gauze for five minutes.
- To help keep the injured area clean, use cotton wool pads, moistened with chlorhexidine mouthwash or gel (twice daily for a week) until you can use a toothbrush again.
- Brush with a soft toothbrush.
- Take the child to the dentist, who will monitor the teeth until the adult teeth erupt.



# First aid for teeth (up to 6 years)

## Tooth knocked back up into the gum

- Take your child to a dentist as soon as possible, as an X-ray may be required to ensure that no damage has occurred to the primary (first) tooth or the adult tooth underneath.





## *First aid for teeth (up to 6 years)*

### **Tooth knocked back up into the gum (intrusion)**

- Take your child to a dentist as soon as possible, as an X-ray may be required to ensure that no damage has occurred to the primary (first) tooth or the adult tooth underneath.
- The tooth will normally return to its normal position, but must be monitored by a dentist. Keep your child on soft foods until any bruising and tenderness subsides (normally 10 to 14 days).
- Clean the tooth in the same way as a loose tooth (see page 69).

# First aid for teeth (up to 6 years)

## Tooth knocked out completely (avulsion)

- Take your child to a dentist as soon as possible.





## *First aid for teeth (up to 6 years)*

### **Tooth knocked out completely (avulsion)**

- Seek dental advice as soon as possible.
- Always make sure the tooth is found. A missing tooth may have been swallowed or inhaled and an x-ray may be needed.
- If possible, find the tooth fragment(s) and keep it to show to your dentist who will check none of it is missing (in case the broken bits are still in the lips). Sometimes the dentist can reattach the broken piece.
- Stop bleeding by compressing the injured area with a gauze for 5 minutes.
- Place the tooth in some milk and take both the child and the tooth to a dentist urgently.



- Useful contacts
- Other resources
- Childsmile dental services (template)
- Local contacts (template)

**Contacts and resources**

# Useful contacts

If you are looking for evidence and research relating to oral health, or any other aspects of public health and the reduction of health inequalities, the Knowledge Services team at NHS Health Scotland can undertake evidence searches on your behalf, keep you up to date with new and emerging evidence through their current awareness service and register you for their free lending service.

## Library and Knowledge Services

NHS Health Scotland  
1 South Gyle Crescent  
Edinburgh  
EH12 9EB  
Tel: 0141 414 2762

**[www.healthscotland.com/knowledge](http://www.healthscotland.com/knowledge)**

email: [nhs.healthscotland-knowledge@nhs.net](mailto:nhs.healthscotland-knowledge@nhs.net)

## NHS Health Scotland contact

The Oral Health Improvement Programme Officer is a key contact working on oral health improvement in Scotland.

NHS Health Scotland  
Meridian Court  
5 Cadogan Street  
Glasgow G2 6QE  
Tel: 0141 414 2790

email: [nhs.HealthScotland-GeneralEnquiries@nhs.net](mailto:nhs.HealthScotland-GeneralEnquiries@nhs.net)

## Feedgood Scotland

Information to help you make the right feeding choice for your family, whether you're thinking about breastfeeding or considering other feeding options.

**[www.feedgood.scot](http://www.feedgood.scot)**

## **Childsmile**

For further information about the programme, contact the coordinator in your area.

**[www.child-smile.org.uk/contacts/coordinators.aspx](http://www.child-smile.org.uk/contacts/coordinators.aspx)**

## **National Dental Inspection Programme (NDIP)**

Provides an essential source of information for keeping track of any changes in the dental health of Scottish children.

**[www.scottishdental.org](http://www.scottishdental.org)**

## **British Dental Association**

Provides facts about dental services, from looking after your teeth to how to find a dentist.

**[www.bda.org](http://www.bda.org)**

## **British Dental Health Foundation (BDHF)**

A charity dedicated to raising public awareness of dental and oral health and promoting good dental health practices.

**[www.dentalhealth.org](http://www.dentalhealth.org)**

## **SIGN 138**

Dental interventions to prevent caries in children. A national clinical guideline, March 2014.

**[www.sign.ac.uk/pdf/SIGN138.pdf](http://www.sign.ac.uk/pdf/SIGN138.pdf)**

**[www.healthcareimprovementscotland.org](http://www.healthcareimprovementscotland.org)**

## **Getting it Right for Every Child**

Essential reading for anyone involved or working with children and young people, including practitioners working in adult services with parents and carers.

**[www.scotland.gov.uk/Resource/0042/00423979.pdf](http://www.scotland.gov.uk/Resource/0042/00423979.pdf)**

## **Healthy Start**

The Healthy Start scheme provides information on free vouchers for milk, fresh fruit and vegetables, for parents and carers.

Tel: 0345 607 6823

**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

## **Education Scotland**

An online resource to support schools in planning, developing and evaluating health promotion.

**[www.educationscotland.gov.uk](http://www.educationscotland.gov.uk)**

## **The British Nutrition Foundation**

Provides free leaflets on preparing healthy breakfasts and snacks.

Tel: 020 7557 7930

**[www.nutrition.org.uk](http://www.nutrition.org.uk)**

## **British Dietetic Association**

Provides guidance on lifestyle and food choices.

**[www.bda.uk.com/foodfacts](http://www.bda.uk.com/foodfacts)**

## **Food Standards Agency (Scotland)**

Provides a variety of publications including booklets, leaflets and posters.

**[www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)**

## **Take Life On**

A Scottish Government campaign offering advice and support on healthy eating, physical activity and safe and sensible alcohol consumption.

**[www.takelifeon.co.uk](http://www.takelifeon.co.uk)**

## **Eatwell**

A Food Standards Agency campaign that stresses the importance of a healthy diet and safe storage and preparation of food.

**[www.foodstandards.gov.scot/nutrition-healthy-eating/health-issues/advice-life-stages](http://www.foodstandards.gov.scot/nutrition-healthy-eating/health-issues/advice-life-stages)**



### **Unicef UK Baby Friendly Initiative**

Offers best practice standards in the support of breastfeeding – evidence, resources, training, statistics, guidance and leaflets for parents.

**[www.unicef.org.uk/babyfriendly](http://www.unicef.org.uk/babyfriendly)**

### **The Breastfeeding Network (BfN)**

Offers advice and support to breastfeeding mothers.

**[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)**

### **National Childbirth Trust**

The UK's biggest parenting charity.

**[www.nct.org.uk](http://www.nct.org.uk)**

### **Bookstart**

A national programme that gives a free pack of baby books, plus guidance materials for parents and carers.

**[www.bookstart.org.uk](http://www.bookstart.org.uk)**

### **Scottish Childminding Association**

Support and advice for anyone involved in childminding.

Tel: 01786 449063

**[www.childminding.org](http://www.childminding.org)**

# Other resources

## ***Ready, Steady Baby!***

A complete guide to pregnancy, birth and parenthood. Available free to first-time parents from your health visitor/public health nurse.

**NHS Health Scotland**  
[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk)



## ***Fun First Foods: An easy guide to introducing solid foods (booklet)***

Provides information on the different stages of weaning, offering tips, advice and recipes. Downloadable copies are available on the NHS Health Scotland website.



**NHS Health Scotland**  
[www.healthscotland.com/documents/303.aspx](http://www.healthscotland.com/documents/303.aspx)

## ***Formula feeding: How to feed your baby safely***

Provides up-to-date national guidance on how to make up a formula feed safely, including the most recent changes to the information on preparing and storing feeds.

**NHS Health Scotland**  
[www.healthscotland.com/documents/5523.aspx](http://www.healthscotland.com/documents/5523.aspx)



***Setting the Table:  
Nutritional guidance  
and food standards  
for early years childcare  
providers in Scotland  
(information pack)***

Offers advice on early years nutrition and eating patterns in young children to childcare providers.

**NHS Health Scotland**

**[www.healthscotland.com/documents/21130.aspx](http://www.healthscotland.com/documents/21130.aspx)**



***From Bump to  
Breastfeeding (DVD)***

Available free to all pregnant women across the UK. It follows a number of women through their breastfeeding journey and gives advice on how to breastfeed and deal with any problems as they arise. Available from your midwife or from NHS Health Scotland.



**NHS Health Scotland**

**email: [nhs.HealthScotland-Publications@nhs.net](mailto:nhs.HealthScotland-Publications@nhs.net)**

***How to Protect your  
Children's Teeth (DVD)***

A free 10-minute DVD available to all parents in Scotland to help them protect their children from tooth decay. To obtain a copy, contact NHS Health Scotland.



**NHS Health Scotland**

**email: [nhs.HealthScotland-Publications@nhs.net](mailto:nhs.HealthScotland-Publications@nhs.net)**

# Childsmile dental services

Service \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

email: \_\_\_\_\_

Service \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

email: \_\_\_\_\_

Service \_\_\_\_\_

Address \_\_\_\_\_

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Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

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Service \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

email: \_\_\_\_\_

# Childsmile dental services

Service \_\_\_\_\_

Address \_\_\_\_\_

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Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

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Service \_\_\_\_\_

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Service \_\_\_\_\_

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Service \_\_\_\_\_

Address \_\_\_\_\_

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Postcode \_\_\_\_\_

Tel: \_\_\_\_\_

email: \_\_\_\_\_

# Local contacts

Title \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Tel: \_\_\_\_\_

email: \_\_\_\_\_

Title \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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email: \_\_\_\_\_

Title \_\_\_\_\_

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Title \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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Tel: \_\_\_\_\_

email: \_\_\_\_\_

# Childsmile: background information

**Childsmile** is a national programme designed to improve the oral health of children in Scotland and reduce inequalities, both in dental health and access to dental services. It is funded by the Scottish Government and has four main elements available across Scotland:

- **Childsmile** Core Programme
- **Childsmile** Practice
- **Childsmile** Nursery
- **Childsmile** School

# Local contact templates

Handy templates for Childsmile dental services and local contacts have been included on pages 89–93. This is to encourage you to liaise closely with local oral health professionals, dental services and others to identify the details of health-related contacts in your area. These can be photocopied and updated as information is available.

The image shows two overlapping templates. The top template is titled "Local contacts" and contains two identical forms. Each form has fields for "Name", "Address", "Phone", "Fax", and "Email". The bottom template is titled "Childsmile dental services" and contains four identical forms. Each form has fields for "Service", "Address", "Phone", "Fax", and "Email".

**Local contacts**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
Email \_\_\_\_\_

**Childsmile dental services**

Service \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Fax \_\_\_\_\_  
Email \_\_\_\_\_



*First Teeth, Healthy Teeth* is an exciting and user-friendly oral health guide aimed at health visitors and other health professionals working with parents of children up to the age of 5 years. This guide has been developed to assist you to deliver key oral health promotion advice to parents and carers with confidence. It includes advice on how to maintain a healthy mouth for babies and children, teething, weaning, toothbrushing, preventing tooth decay and visiting the dentist.

- Eight colour-coded sections, setting out all the essential facts in a clear, friendly and accessible way.
- Interactive flip format, helping you and the parent or carer to explore the foundations of good oral health together.
- Fully illustrated with colour photographs, illustrations and X-rays, making it especially appealing to parents and carers.
- Provides information and raises awareness on the **Childsmile** programme.

