

Dummies

If breast feeding do not give a dummy until breast feeding is well established.

If your baby has a dummy, aim to stop using it by 12 months old.

The over use of dummies can affect the position of teeth and prevent babies from babbling, which is the first stage in learning to talk.

Never dip a dummy into anything sweet.

Sugar free medicines

Always ask your doctor or pharmacist for sugar free medicines.

Medicines that contain sugar can cause tooth decay.

Medicines are often spread out over the day and may be given during the night

Visiting the dentist

Take your baby to visit the dentist from an early age. This will help your baby to get used to the surgery and staff.

Remember

Brush teeth last thing at night and one other time during the day.

Choose milk and plain water.

Reduce the amount of sugary foods and drinks given in a day and keep them to mealtimes.

Always choose sugar free medicines.

Visit the dentist regularly.

A list of local dental practitioners is available from: www.nhs.uk

Local Community Pharmacy - Your local community pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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