

## Teething

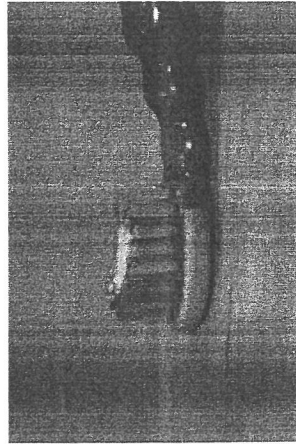
Babies generally get their first tooth between six and eight months old but this can differ.

Some babies may have teething troubles. To help:

- Give your baby something hard to bite on. A cooled, gel filled teething ring can help soothe the gums
- Try using an infant teething gel or teething powders
- If necessary use infant sugar free pain relief – always read the label.

Start brushing as soon as your baby's first tooth appears.

Use a smear of ordinary family fluoride toothpaste (1000-1450ppm). Fluoride helps to make teeth stronger.



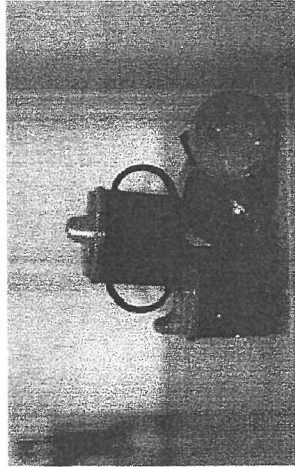
Brush your baby's teeth last thing at night and one other time during the day.

## Drinks

Breast milk provides the best nutrition for babies.

To keep your baby's teeth healthy choose breast milk, formula milk or plain, cool, boiled water.

Start your baby on a free-flow cup by six months old and aim to have your baby off a bottle by 12 months old.



**Never** give your baby sugary drinks in a bottle or valve type feeder cup as this can cause tooth decay.

Do not give your baby sugar-free or diet drinks as these are not recommended for young children.

Avoid cordial/squash and all fizzy drinks - even the low or reduced sugar ones can damage your baby's teeth.

**Fresh fruit juice** can be given after six months, dilute one part juice to 10 parts water in a cup and serve only at mealtimes.

## Food

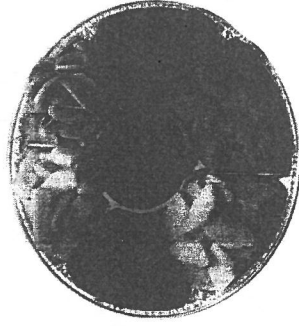
Sugar will cause tooth decay if given to babies and children **lots of times** during the day and at night.

Never add sugar to your baby's food when introducing solid foods.

Once your baby is having regular meals, keep anything sugary to mealtimes only.

Make sure that any foods given are sugar free.

Fresh fruit, cheese, toast, plain rice cakes are healthier choices.



Dried fruits are very sugary and sticky and should be kept to mealtimes.

Always check food labels as sugar hides in so many foods.

Sugar is also known by the following names:

sucrose, glucose, maltose, fructose, dextrose, glucose syrup and honey.

**Watch out for hidden sugars!**