Baby teeth DO matter!

A good night's sleep helps young children to learn and improves behaviour

Bedtime is also the most important time of the day for teeth

This leaflet shows how you can protect your baby's smile as well as creating a soothing routine to encourage sleep.

smooth bed-times!

Help your child to wake up with a beautiful smile

- ✓ Just a smear of family fluoride toothpaste is enough for under 3s
- ✓ No need to wash the toothpaste away with water
- ✓ Give only breastmilk, unsweetened milk or plain water in the last hour before bed
- ✓ Use an open cup for drinks other than breast milk from the age of one
- ✓ Place a favourite cuddly toy in bed for comfort instead of a baby bottle

Baby teeth DO matter!

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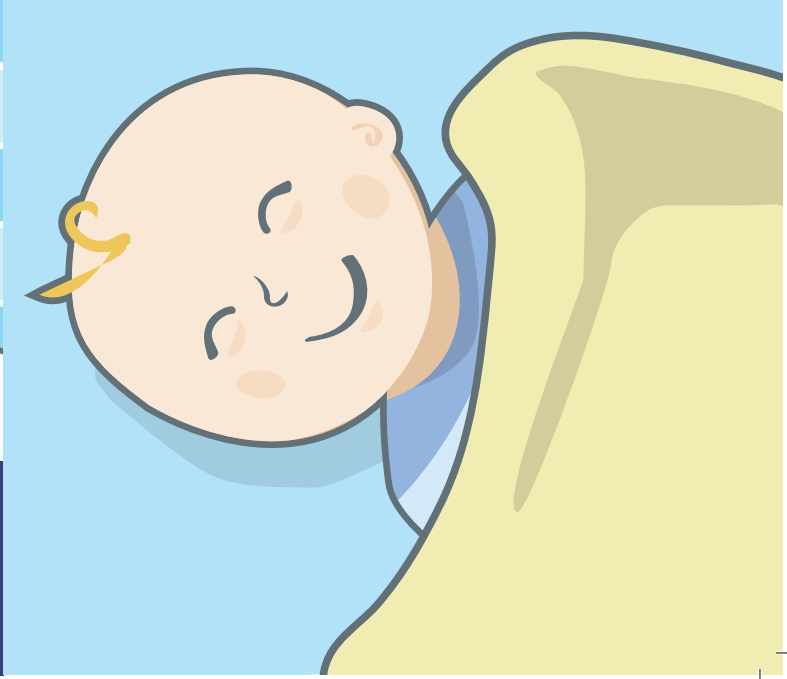

NHS

in Greater Manchester

Baby teeth DO matter!

Bedtime for baby teeth

Good night guide to healthy smiles and smooth bed-times!

Keeping to the same routine every night lets children know what to expect and calms them down before bed.

At supper time

- The last hour before bed is a 'golden hour' for your child's smile and the food and drinks you give are key

- Between birth and one year, breast milk or 'first milk' infant formula is the best supper for your baby

- From one year, stick to breast milk, 'first milk' formula, unsweetened cows' milk or water in the hour before bed

- Babies can be encouraged to drink from an open free-flow cup when they start on solid food at around six months
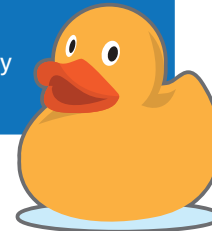
At bed-time

- Place a favourite soft toy in bed for comfort, instead of a baby bottle

- Take time to read a calming bed time story

- Ensure the room is not too hot or too bright

The golden hour for healthy smiles and bedtime routines!

At bath-time

- Brush your baby or toddler's teeth as soon as they come through

- Just a smear of family fluoride toothpaste is enough for under 3s

- No need to rinse the toothpaste away with water

- A warm bath may help your child to fall asleep more quickly