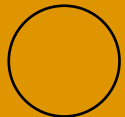


first teeth, healthy teeth



A guide for health professionals, parents and carers



Public Health
Scotland



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.

- 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 of the **Childsmile** programme.



Childsmile

Visit www.childsmile.nhs.scot/parents-carers
or scan the code for more information:



Parent Club

Visit www.parentclub.scot or scan the code
for more information:



Welcome

First Teeth, Healthy Teeth is a practical guide 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 continue to show significant 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.



**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

- 
- 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 **1,450** parts per million (ppm) fluoride toothpaste.
 - Drinking alcohol and smoking should be avoided completely.

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



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 **1,450 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. Your gums may swell or bleed – this should disappear after the birth of your baby.
- 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.
- Do not 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. 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 advise on appropriate treatment 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



- Take your child to your dental practice routinely, as advised by your dental team.

All NHS dental treatment is free for all children up to and including the age of 26.



Dental attendance for babies and children

- Aim to register your baby with a dentist soon after birth or by the time they are 6 months of age.
- Take your child to your dental practice routinely, as advised by your dental team
- Taking your baby to the dental practice as early as possible helps them get used to the sights, sounds and smells of a dental practice. And it gives you access to information, advice and support for looking after your child's teeth.
- All NHS dental treatment in Scotland is free for everyone up to the age of 26.



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 nurseries and primary schools
 - fluoride varnish programmes in some schools
 - access to **Childsmile** dental services for advice and support
 - community and oral health activities.



Visit www.childsmile.nhs.scot



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 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. Teeth start to develop before a baby is born.
- 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.

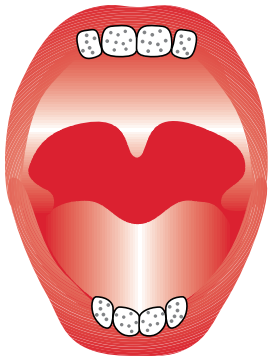
Teething

- 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



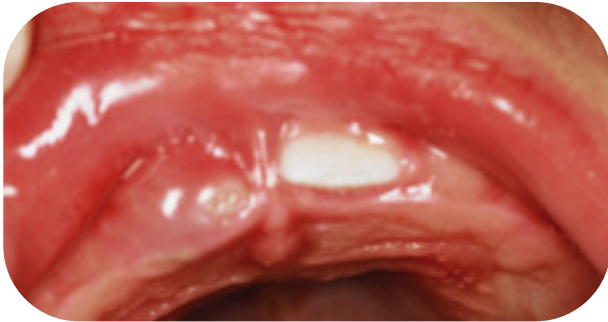
Second molars
24–36 months



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.
- Do not worry if your baby's teeth come through early or late – it will not 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
 - information on teething products and aids can be found at your local pharmacy.



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

Looking after teeth

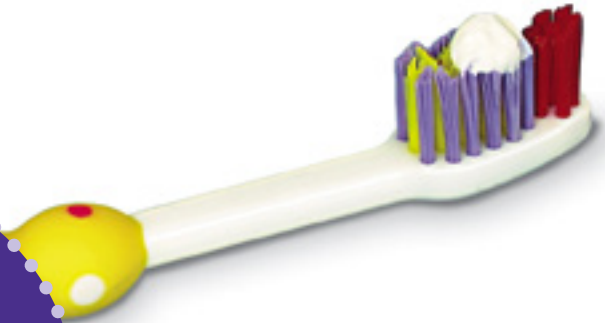
Toothbrushes and toothpaste

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 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 1,000 ppm fluoride.
- For children under 3 years of age, use a **smear** of fluoride toothpaste (at least 1,000 ppm) on a dry toothbrush.
- For children aged 3 years and above, use a small **pea-sized** amount of toothpaste containing at least 1,000 ppm fluoride.

Toothbrushing: when to brush

- Teeth should be brushed last thing at night and at least one other time during the day.
- Think of your child's daily routine. 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, perhaps at playtime or bath time.
- From the moment their first tooth appears, teeth should be brushed last thing at night and at least one other time during the day.
- Use toothpaste containing at least 1,000 parts per million (ppm) fluoride.
- Children should be supervised and encouraged not to swallow toothpaste while brushing.

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, in the bath 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 toothbrush with a small head and soft bristles.
- 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 protect teeth.



- 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 avoided where possible. If consumed, they 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 avoided where possible. If consumed, they should be kept to a minimum and are best given at mealtimes.

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

Nursing bottle decay

- These pictures are of the teeth 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 pasteurised 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 pasteurised 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.nhsinform.scot/ready-steady-baby** and **www.parentclub.scot**





Breastfeeding your baby

- How is your feeding going?
- Breastfed babies do not 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.
- Do not add anything to the made-up formula.
- Always follow the manufacturer's instructions about how to make up a bottle – do not be tempted to add extra, or use fewer, 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 Public Health Scotland publication on formula feeding
www.publichealthscotland.scot/publications/formula-feeding-how-to-feed-your-baby-safely





Advice for parents/carers of formula-fed infants

- Follow the instructions on the pack very carefully when you make up infant formula; adding extra, or fewer, scoops of powder 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 as this could be a choking hazard.
- 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.
- Formulas labelled 'first milk' are all you need for your baby's first year. These are also known as 'stage 1' or 'first stage' milks. Pasteurised whole or semi-skimmed cow's, goat's or sheep's milk can be given as a main drink from the age of 1.

Weaning

- 'Weaning' means introducing a variety of solid foods, gradually, to your baby's diet alongside their usual milk, until they are eating the same healthy foods as the rest of the family.
- 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' or visit <https://publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods> or www.parentclub.scot

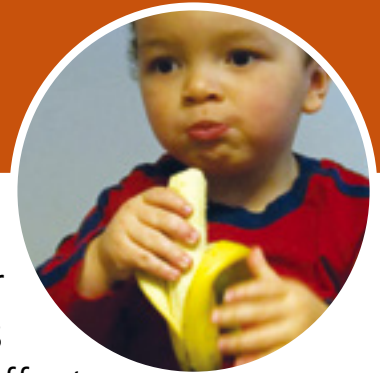




Weaning

- When your baby is ready to be weaned they:
 - can sit up and hold their head steady
 - begin to hold food and bring it to their mouth
 - have better hand–eye coordination
 - can now move food around their mouth with their tongue instead of pushing it out.
- Waking in the night when they have been sleeping through is not a sign that they are ready to be weaned.
- By 6 months old, most babies will be ready for 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 lead to tooth decay when their teeth start to come through.

Healthy snacks



- It's important to consider how the food and drinks you give your child can affect their teeth. It's not just **what** they eat and drink but **when** they eat and drink it.

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



With Best Start, parents or carers can get additional financial support with the costs of being pregnant or looking after a child. Visit www.nhsinform.scot/ready-steady-baby for more information.

Healthy snacks

- Visit www.parentclub.scot for more information and examples of healthy snacks.

toast



fresh fruit and full-fat, pasteurised, natural yoghurt



oatcakes



crackers





Healthy snacks

- You can prepare a variety of healthy, nutritious snacks, including:
 - full fat, pasteurised natural yoghurt or plain fromage frais with fresh fruit
 - mashed cooked vegetables such as broccoli, cauliflower, carrot, parsnip or turnip
 - mashed fruit such as banana, stewed apple or pear
 - fist-sized/long pieces or batons of soft fruit or cooked vegetables, such as melon or carrot
 - small fruits and vegetables, like cherry tomatoes and grapes, chopped into four equal pieces
 - strips of toast, bread, pitta bread or chapatti, about the length of your finger
 - small sandwiches with thinly sliced, pasteurised cheese, tuna or thin slices of meat. Pitta bread pockets on their own or with a filling
 - strips of English muffins, Scotch pancakes, crumpets
 - small pieces of 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
of which sugars	20 g
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
of which sugars	27.0 g
Fat	16.1 g
of which saturates	2.0 g
Fibre	6.2 g
Sodium	0.3 g





Hidden sugars

- Some sweet-tasting foods do not 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

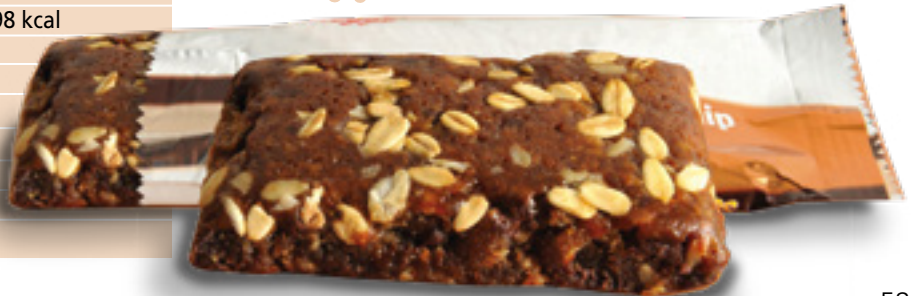
Ingredients

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>	36 g
Fat	14 g
of which saturates	3.5 g
Fibre	3.5 g
Sodium	0.2 g

22.5 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.

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

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



See www.foodstandards.gov.scot/consumers/food-labelling 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 pasteurised milk or tap water.
- Avoid sugary, fizzy drinks, or squashes (including sugar-free varieties). Offer them 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 pasteurised 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 only should be given at mealtimes and diluted 50:50 with water.
- Avoid sugary, fizzy drinks, or squashes (including sugar-free varieties). Offer them only at mealtimes. Never put them in a baby feeding bottle, and especially not at bedtime.

Visit www.childsmile.nhs.scot/parents-carers/food-and-drinks-for-healthy-teeth/healthy-drinks-ideas for more information.



- 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.
- Visit **www.parentclub.scot** for tips on dummy use.



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.





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 may be 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.
- Do not attempt to re-implant a baby tooth which has been knocked out completely.





First aid for teeth (up to 6 years)

Tooth knocked out completely (avulsion)

- Seek dental advice as soon as possible. Call **111** for out-of-hours/weekend access to a dentist or visit **www.nhsinform.scot/care-support-and-rights/nhs-services/dental/dental-emergencies**
- 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).
- Stop any 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

Parent Club 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.parentclub.scot

Childsmile

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

www.childsmile.nhs.scot/contact-us/coordinators

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.nhs.scot

British Dental Association

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

www.bda.org

Oral Health Foundation

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

www.dentalhealth.org

SIGN 138

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

www.sign.ac.uk/media/1533/sign138.pdf
www.healthcareimprovementscotland.scot

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)**

Best Start

Best Start Foods and the Best Start Grant are available to eligible expectant mothers and families with children under age 3. More information can be found at

**[www.nhsinform.scot/ready-steady-baby/
pregnancy/preparing-for-parenthood/
benefits-and-financial-support-for-you-and-
your-baby](http://www.nhsinform.scot/ready-steady-baby/pregnancy/preparing-for-parenthood/benefits-and-financial-support-for-you-and-your-baby)**

Education Scotland

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

<https://education.gov.scot>

The British Nutrition Foundation

Provides free leaflets on preparing healthy breakfasts and snacks.

Tel: **0207 557 7930**

www.nutrition.org.uk

British Dietetic Association

Provides guidance on lifestyle and food choices.

www.bda.uk.com/foodfacts

Food Standards Scotland

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

www.foodstandards.gov.scot

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/consumers/
healthy-eating/eatwell](http://www.foodstandards.gov.scot/consumers/healthy-eating/eatwell)**

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

The Breastfeeding Network (BfN)

Offers advice and support to breastfeeding mothers.

www.breastfeedingnetwork.org.uk

National Childbirth Trust

The UK's biggest parenting charity.

www.nct.org.uk

Scottish Book Trust – Bookbug

Bookbug is a programme run by Scottish Book Trust and funded by the Scottish Government and Creative Scotland. It provides books to every child in Scotland. Discover the benefits of sharing stories, songs and rhymes with babies, toddlers and preschoolers to give them the best start in life.

www.scottishbooktrust.com/bookbug

Scottish Childminding Association

Support and advice for anyone involved in childminding.

Tel: **01786 449063**

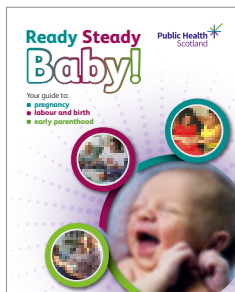
www.childminding.org

Other resources

Ready steady baby!

Your guide to pregnancy, labour and birth, and early parenthood up to 8 weeks.

www.nhsinform.scot/ready-steady-baby



Fun first foods: An easy guide to introducing solid foods

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



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.

www.publichealthscotland.scot/publications/formula-feeding-how-to-feed-your-baby-safely



www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods

**Setting the table:
Nutritional standards and
practical guidance for early
learning and childcare
providers in Scotland**

Offers advice on appropriate healthy food and drinks for babies and young children to childcare providers.

www.gov.scot/publications/setting-table-guidance



From bump to breastfeeding

Highlights the benefits of breastfeeding while being honest about the challenges. A series of videos follow the journey of four mums who decided to breastfeed. They explain their experiences honestly and bust some breastfeeding myths.

www.bestbeginnings.org.uk/from-bump-to-breastfeeding

Childsmile dental services

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Childsmile dental services

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Local contacts

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____

Service _____

Address _____

Postcode _____

Tel: _____

email: _____



Translations



Easy read



BSL



Audio



Large print



Braille

For more information, or for translations and other formats:



www.childsmile.nhs.scot



p hs.otherformats@p hs.scot



0131 314 5300

Public Health Scotland is Scotland's national agency for improving and protecting the health and wellbeing of Scotland's people.

© Public Health Scotland 2025

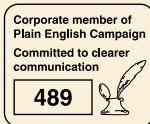
OGL

This publication is licensed for re-use under the Open Government Licence v3.0.

For more information, visit

www.publichealthscotland.scot/ogl

www.childsmile.nhs.scot
www.publichealthscotland.scot



Public Health Scotland wishes to acknowledge the following:

Childsmile, and the contribution and input of the various professionals who have given their time and commitment to the production of this guide.

Photography

Dr E O'Sullivan, Consultant in Paediatric Dentistry, Salaried Dental Services, Hull PCT

Prof Richard Welbury, Professor of Paediatric Dentistry, Glasgow Dental Hospital and School

Mother and Baby Picture Library

Science Photo Library

Using this guide

First teeth, healthy teeth is presented in an 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

Childsmile: background information

Childsmile is a national programme designed to reduce oral health inequalities and help to improve Scotland's oral health among children. It is funded by the Scottish Government and has three main components:

- Childsmile Toothbrushing
- Childsmile Community and Practice
- Childsmile Fluoride Varnish

For more information visit the Childsmile website at **www.childsmile.nhs.scot/parents-carers** or scan the code:



Local contact templates

Handy templates for Childsmile dental services and local contacts have been included. 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 contact templates. The front template is titled "Childsmile dental services" and contains four contact forms arranged in a 2x2 grid. Each form has fields for Name, Address, Phone, Fax, and Email. The back template is titled "Local contacts" and contains two contact forms arranged in a 1x2 grid, also with fields for Name, Address, Phone, Fax, and Email. Both templates are white with orange borders around the form fields.