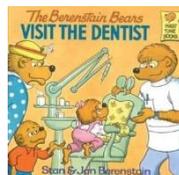




- ✓ Register your baby with a dentist soon after birth or by the time they are six months of age.
- ✓ From then on, take your child to the dental practice every six months, or as advised by your dental team.
- ✓ The dental team will:
 - Give information on how teeth grow and develop and carry out regular checks to make sure the teeth and gums are healthy.
 - Promote tooth brushing messages e.g. brushing twice daily with a minimum 1000ppm fluoride toothpaste, no rinsing with mouthwash or water etc.
 - Provide clinical care including **twice yearly fluoride varnish**. Please ask your dentist for this. Fluoride varnish is a high strength fluoride gel applied to teeth with a small soft brush by a Dentist, Hygienist or Extended Duty Dental Nurse (EDDN).



- ✚ Dental practices are all different when it comes to reminders for 6 monthly check ups, some use letter, text, emails or post cards – Why not set a reminder/alarm on your phone for when your check up is due.
- ✚ Always keep your contact details up to date.
- ✚ Regular visits to the dentist will help your child to become familiar with being examined by a dentist and make it less daunting.
- ✚ Family members can be a great example to younger children, let your child see older siblings or parents getting a checkup, and reinforce how easy it is.
- ✚ Rewards can be a great way to encouraging young children to have a dental check – however try to avoid use foods or drinks as rewards, especially sugar foods and drinks.
- ✚ Read stories and use picture books about visiting the dentist prior to going, this will also help young children identify with their surroundings. Play a game how many things can you spot from the book you have read e.g. dental chair, big light, dentist mask and gloves etc.



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You do not have to pay for NHS dental treatment if, when the treatment starts, you are:

- aged under 18
- under 19 and receiving full-time education
- pregnant or have had a baby in the previous 12 months
- staying in an NHS hospital and your treatment is carried out by the hospital dentist
- an NHS hospital dental service outpatient (however, you may have to pay for your dentures or bridges).

In receipt of

- Income Support
- Income-related Employment and Support Allowance
- Income-based Jobseeker's Allowance
- Pension Credit guarantee credit
- Universal Credit and meet the criteria
- you are named on or entitled to a valid NHS tax credit exemption certificate – if you don't have a certificate, you can show your award notice; you qualify if you get Child Tax Credits, Working Tax Credits with a disability element (or both) and have income for tax credit purposes of £15,276 or less
- you are named on a valid HC2 certificate

Activity Time

Activity 1

What is your dentist called? _____

When did you last have a dental check up? _____

Have you had fluoride varnish applied to your teeth by your dentist YES/NO (If not please speak to your dentist for more details)

If you need help to find a dentist please speak to a member of the nursery staff.

Activity 2

Draw a picture or attach a photograph of you visiting the dentist.