**Sheffield Early Years Oral Health Programme**

12 months +

6 to 12 months

0 to 6 months

Ante-natal

NHS dental care is free for children(see over).

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NHS dental care is free for all pregnant mothers and for 12 months after birth and for children (see over).

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Check that the child is regularly attending for dental check-ups. If child has never been, signpost to find a dentist, discuss benefits of fluoride varnish

Check the child has been for a dental check-up by one year. If not, signpost to find a dentist

Children should see a dentist for their first dental check-up before one year old

Discuss the importance of oral health as part of overall health, encourage use of red book

Advise on the consumption of sugars in food and drinks; milk and water are the only safe drinks; check that the child has been weaned off the bottle, bottle swap for a free flowing cup

Assess and identify risk factors for tooth decay

Advise on the consumption of sugars in food and drinks, milk and water are the only safe drinks, check the child has been weaned off the bottle/dummy

Key questions for parents

Stress the importance of the child’s primary dentition

Health visitors distribute Baby Teeth, Healthy Teeth resource pack to all children

Advise on brushing including active parental role, family fluoride toothpaste, nothing to eat/drink after brushing at night, spit don’t rinse, check if any problems brushing their child’s teeth and advise.

Key questions for parents/carers:

1. Has the child been for a dental check-up?
2. When was the last dental check-up?
3. Are they doing daily tooth brushing with their child and how are they getting on with this?

If required, signpost to the nearest NHS dental practice at www.nhs.uk/dentists or by calling Healthwatch on 0114 253 6688

Advise on brushing including active parental role, family fluoride toothpaste, nothing to eat/drink after brushing at night, check if any problems brushing their child’s teeth and advise

Milk and water only in bottles and these are the only safe drinks, begin bottle to cup weaning from six months.

Prepare for healthy weaning from six months onwards, advise on the consumption of sugars in food and drinks

Encourage use of sugar free medicines

Baby Teeth, Healthy Teeth resource pack in 20% most deprived areas at 2 years

Remind to use dental pages in the red book

Encourage use of sugar free medicines

Remind to use dental pages in the red book

Brush teeth as soon as they erupt twice a day with fluoride toothpaste, check if any problems brushing their child’s teeth and advise

Give teething advice, remind to use dental pages of the Red Book

**Universal messages**

1. Reduce the consumption of food and drinks that contain sugars. [PHE's sugar app](https://www.nhs.uk/sugar-smart/home) can help parents check the sugar in food and drinks.
2. Teeth should be brushed at least twice daily with a fluoride toothpaste last thing at night and on at least one other occasion. Use family fluoride toothpaste. Parents should play an active role in tooth brushing until age 7.
3. Visit the dentist on a regular basis and take your child to the dentist as soon as the first tooth appears in the mouth.
4. You do not have to pay for NHS dental treatment if, when your treatment starts, you are:
   * under 18
   * under 19 and in full-time education
   * pregnant or you’ve had a baby within the 12 months before treatment starts

For other exemptions see:

https://www.nhs.uk/chq/pages/1786.aspx?categoryid=68&subcategoryid=154

1. Discourage dummy dipping
2. Encourage stopping bottle feeding by one year of age
3. Discuss the benefits of fluoride varnish

**Resources**

* Health visitors distribute Baby Teeth, Healthy Teeth resources packs for all children at one year and targeted at 2 years
* Signpost to children’s centres parenting workshops
* Red book oral health pages
* NHS choices dental pages
* Oral health for babies and children – iHV
* For early years oral health training contact the oral health promotion team
* For additional advice and loan of resources, contact the Sheffield oral health promotion team on 0114 271 6142