

Useful information

Ashton, Leigh & Wigan	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
Bolton	Lever Chambers	01204 403215
Bury	Moorgate Primary Care Centre	0161 4779866
Chester	Fountains Health Centre	01244 385563
Halton	Hallwood Health Centre	01928 593400
Heywood	Phoenix Centre	01706676743
Rochdale	Nye Bevan House	01706 677017
Oldham	Oldham Integrated Care Centre	0161 6213614
St Helens	St Helens Dental Clinic	01744 731395
Stockport	Kingsgate House	0161 2044720
Tameside & Glossop	Ashton Primary Care Centre	0161 3427150
Trafford	Seymour Grove Health Centre	0161 7863331
Warrington	Bath St. Health & Wellbeing Centre	01925 946293
Widnes	Healthcare Resource Centre	0151 4955042
Winsford	Dene Drive Primary Care Centre	01606 544188

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**Bridgewater
Community Healthcare**
NHS Foundation Trust

Community Dental Service

A guide to good teeth for parents and carers of children



Quality first and foremost

Why your mouth is important

We use our mouth for breathing, eating, smiling and communication. Small children also use their mouth as a tool for discovery.

From the moment your child's teeth appear they are at risk of becoming decayed, so it is vital that their teeth, gums and mouth are looked after as well as possible right from the start.

It is therefore important that good tooth brushing habits start early as an unhealthy mouth can cause pain, discomfort and infections.

Tooth decay



The chance of tooth decay increases if:

- Your child is given sugary food, drinks, medicines or diet supplements frequently during the day or night
- Your child does not use family fluoride toothpaste at least twice a day
- Your child has a dry mouth

- Your doctor prescribes sugary medicines
- Your child has dietary supplements
- Your child uses a bottle for a long time – especially if this happens during the night.

How to prevent tooth decay

- Start to visit the dentist regularly as soon as your child's first tooth appears.
- Keep sugary food and drinks to mealtimes.
- Avoid giving your child sugary food and drinks before bed time or during the night.
- Encourage your child to use a free flowing feeding cup from six months of age.
- Plain water and milk are the best drinks for your child's teeth in-between meals.
- Try to avoid thickening agents that may contain sugars as they can cause decay. A dietician can advise how to limit the times they are given or suggest if a different type could be used.
- Ask your dietician / dentist about ways of reducing the chance of tooth decay if a high calorie diet is needed.
- Ask your doctor / pharmacist if sugar free medicine can be prescribed. Medicines containing sugar should be given at mealtimes where possible.