

First tooth, first visit



Did you know that you should take your child to the dentist as soon as they get their first tooth?

Did you also know that NHS dental treatment is free for all children under 18, and is also free for you if you are pregnant or have had a baby in the past 12 months?

Start brushing the teeth with a fluoride toothpaste as soon as they appear. Twice a day is best!

Cut down on how often you have sugary foods and drinks.

Take your child to your dentist at least twice a year and ask for fluoride varnish to be painted on your child's teeth. It's free!

Ask your Health Visitor, Children's Centre Staff or The Community Dental Service for a list of NHS practices willing to see your children. ☎ Camden 020 3317 2342 Islington 020 3317 2431