LIFT THE LIP: CHECKING YOUR LITTLE ONE'S TEETH AT HOME

Hounslow Oral Health Promotion Team

Lift the Lip is a new assessment and awareness method for professionals and families to identify signs of early childhood caries (cavities, or 'holes' in teeth). You should lift your little one's lip to check their teeth once a month from the point they start erupting. Plaque, an acidic substance which coats the teeth after eating and drinking, should be removed by brushing twice a day using a toothbrush and fluoride toothpaste.

VIDEO RESOURCES FROM THE WHITTINGTON TEAM

Healthy teeth- maintain these by brushing twice a day!

Warning signs- chalky white spots near the gums, which can turn into cavities. Seek dental care and advice now.

Danger- brown spots and cavities cause pain and infection. Make an appointment now.

Emergency: broken teeth and abcesses cause pain. Treatment is required to prevent the infection spreading. Call your dentist right away.

Want to find out more about healthy, low sugar swaps? Download the NHS Food Scanner here:

NHS
Whittington Health
NHS Trust

You can keep your child's teeth healthy as soon as they arrive, by:

1. Not putting them to bed with a bottle of milk, formula or juice, which can also put them at risk of choking
2. Teaching your child to drink from an open (free-flow) cup from 6 months onwards
3. Cleaning and massaging their gums with a clean washcloth after feeding
4. Brushing their teeth as soon as their first tooth erupts with a fluoride toothpaste- try this in the bath! *Brush twice a day*.
5. Avoiding sugary foods and drinks, and not adding sugar to weaning foods
6. Taking your child to the dentist as soon as their first tooth erupts, or before their 1st birthday. NHS dental treatment is free for all children under 18 years.

Why should I worry about decay and damage to my child's baby teeth?

- Baby teeth are key for chewing, speaking, and smiling.
- They also help guide the adult teeth into position, when they arrive.
- If baby tooth decay is left untreated, pain and infection can result.
- Extractions might need to happen under general anaesthetic, in hospital.