

Brush, Book, Bed!

A simple routine to
keep teeth healthy

Brush

Protect your child's teeth from tooth decay by regular brushing using a pea sized amount of fluoride toothpaste. Brushing twice a day will help keep teeth healthy and clean.

Take your child for regular check-ups to the dentist and avoid sugary foods and drinks as they cause tooth decay.

Did you know it
is ok to use adult
strength toothpaste
for your child?

Book

Regularly sharing a book or nursery rhyme with your child will help develop their language and listening skills.

A calming bedtime story is a lovely way to spend a few minutes cuddled up together at the end of each day.

You can borrow books for babies and children free from your local library. For more information visit www.herefordshire.gov.uk/libraries

Bed

Sleep is important and it's good for a child to settle themselves. Children gradually learn how to do this and using a simple bedtime routine will help.

Do the same relaxing things at the same time each night to help your child get ready for sleep.

Looking After Your Child's Teeth

Help your child when they start brushing their teeth. It's important they are watched to do this as they won't be able to brush properly on their own. Brush teeth two times a day for about 2 minutes with a pea sized amount of fluoride toothpaste. Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Make tooth brushing as fun as possible and don't let children run around with a toothbrush in their mouth, as they may fall and hurt themselves.

Offer healthy meals that include fruit and vegetables and milk or water to drink. Don't offer sugary foods and drinks as these cause tooth decay.

Use the Brush, Book, and Bed routine to help them get used to brushing their teeth last thing at night and this will help you not to forget. Remember tooth decay can start very early in life.

Visiting the Dentist

Sign up with a dental practice early and take your child to see their dentist (even before their first teeth come through) to help them grow a healthy smile. Dentistry is free for children.

Visiting the dentist allows young children to get used to the sights, sounds and smells of a dental practice, making later check-ups much easier and more comfortable for them.

To find a local dentist
www.nhs.uk/nhs-services/dentists

Books at Bedtime

Children love stories, and sharing a book with them helps build their imagination.

Books teach them about the world around them – the pictures encourage them to spot details and differences, and stories help them to develop listening and thinking skills.

The more stories you read aloud, the more words your child will hear and the better they'll be able to talk. It's also precious time together that creates memories and a great bond.

There is no right or wrong way to share a book. What's important is that you do it your way and that you enjoy it – so choose a book you both like, cuddle up and enjoy your time together.



Top Tips For Settling Your Child

A good bedtime routine consists of regular and calming activities for your child. Doing the same things each night will help your child to understand it is time for sleep.

- Put your child to bed at the same time every night. You should do this even if you know they're going to wake up during the night
- Children may find baths very relaxing and this can help your child relax before you put them to bed. Changing into clean night clothes will make them feel comfortable
- Sharing a bedtime story or nursery rhyme will help to soothe and relax and prepare for bedtime
- Giving a goodnight kiss and cuddle will make them feel safe to go to sleep

Using Brush, Book, Bed will help to establish a healthy bedtime routine for you and your child.



Where to Find More Information

Ask your health visitor for help and advice.

Free online children's oral health training
www.bit.ly/babiesteeth

Get tips and advice on your pregnancy
www.nhs.uk/start4life/pregnancy

Get help to buy food and milk
www.healthystart.nhs.uk

Tips and advice on how to have a happy toddler
www.nhs.uk/start4life/toddler

Ideas on how to share books with your baby
www.booktrust.org.uk



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Libraries are for everyone!

For information and opening times visit our website.

www.herefordshire.gov.uk/libraries

 Herefordshire Council