12 Top tips for your baby's teeth

1. Brush your baby's teeth as soon as a tooth appears
2. Brush before bedtime and one other time during the day
3. Use a toothpaste with at least 1000 ppm (parts per million) of fluoride (Check the label)
4. Just a smear of toothpaste on the brush for under 3s and a pea sized amount for over 3s

5. Spit, don't rinse after brushing
6. Supervise your child whilst they are brushing their teeth until they are eight years old
7. Don't add sugar to any food or drink given to babies
8. Avoid giving sugary and acidic foods and drinks between meals and an hour before bedtime

9. Honey, smoothies, fruit juice and dried fruit are not tooth-friendly

10. Milk is a tooth friendly drink during the day; water is tooth friendly at any time

11. From 6 months onwards encourage the use of open top cups - discourage bottle use after the age of one year
12. Remember to ask for sugar-free medicines when possible

Flying Start

NHS STARTING WELL Luton

Community Dental Services

Luton

Babies should be taken to the dentist for regular visits from 6 months old.

Dental treatment is free for pregnant women until the child is one year old and free for all children under 18 years old.

If you need more information or help finding a dentist, please telephone the NHS helpline on 111 or visit their website www.nhs.uk

Practice	Address	Contact number
Beech Hill Dental Practice Ltd	249 Dunstable Road, Luton, LU4 8BP	01582 726989
Braminghам Dental Clinic	1st Floor Freeman Avenue, White Horse Vale, Luton, LU3 4AD	01582 490410
Luton House Dental Practice*	61a George Street, Luton, LU1 2AL	01582 485426
Luton Dental Centre*	1a Peel Street, Luton, LU1 2QR	01582 420277
Mandair Dental Practice	118a Dunstable Road, Luton, LU1 1EW	01582 416023
Marsh House Dental Practice*	52 Marsh Road, Luton, LU3 2NJ	01582 562874
Marsh Road Dental Practice	31 Marsh Road, Luton, LU3 2QF	01582 572094
Maple Dental Clinic*	29 Upper George Street, Luton, LU1 2RD	01582 727314
My Dentist*	1 Dunstable Road, Luton, LU1 1BB	01582 722131
My Dentist*	2 Ashburnham Road, Luton, LU1 1JL	01582 728312
Palladium Services Ltd*	Village Dental Practice, 632 Hitchin Road, Stopsley, LU2 7UG	01582 400282
Purley Centre Dental Practice	Unit 5B Shopping Centre, The Moakes, Marsh Farm, Luton LU3 3SR	01582 503040
	54 Birdsfoot Lane, Luton, LU3 2DG	01582 493113
	41 Acworth Crescent, Luton, LU4 9HY	01582 575157
Sundon Dental Practice	115Sundon Park Road, Luton, LU3 3AD	01582 571074
Healthy Smiles Dental Practice	6 Grange Avenue, Luton, Bedfordshire, LU4 9AT	01582 663050
Vogue Dental Care	260-262 Crawley Green Road, Luton, LU2 0SJ	01582 432181

*Starting Well practices are part of the Starting Well: Smile4Life Initiative, which aims to improve oral health for children under 5. For more information or to book an appointment please contact your nearest Starting Well practice.'

Download the free Change For Life Food Scanner app. Scan barcodes using the app to find out what's inside popular food and drink.
Remember to keep sugary snacks and drinks to mealtimes only.

Available on the iPhone App Store

Google play

Find out more

www.flyingstartluton.com FSLuton @FS_Luton 01582 548336

flyingstartparenting@luton.gov.uk www.communitydentalservices.co.uk

Flying Start

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