

This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Clinical Governance Team, North Tees and Hartlepool NHS Foundation Trust, University Hospital of North Tees or Email: nth-tr.leaflets@nhs.net

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

Telephone: 01642 624719

Monday – Friday, 9.30am – 4.00pm

Messages can be left on the answering machine and will be picked up throughout the day.

Freephone: 0800 092 0084

Email: nth-tr.PatientExperience@nhs.net

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

Telephone: 01642 617617

24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 9.30am – 4.00pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection, Caldicott and Disclosure Policy (IG5) in accordance with the Data Protection Legislation (General Data Protection Regulations and Data Protection Act 2018) and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

Telephone: 01642 383551 or Email: nth-tr.infogov@nhs.net

Produced by:

Tees Community Dental Service
Oral Health Promotion Department
North Tees and Hartlepool NHS Foundation
Trust 2020

References

British Dental Journal (2014),
Scientific Basis of Oral Health Education.
7th Edition.

Department of Health (2017), Delivering
Better Oral Health, an evidence based
toolkit for prevention. 3rd Edition.

Tooth Time



Information for parents of young children

This leaflet can be made available in other formats including **large print**, CD and Braille and in languages other than English, upon request.



Fluoride is added to toothpaste as it protects teeth against decay.

As soon as your child's first tooth appears, brush twice a day using a small, soft toothbrush and fluoride toothpaste.

Children under 3 should use a smear of toothpaste which contains at least 1000ppm fluoride.



Milk and water are the only safe drinks for teeth. Well diluted fruit juice or squash may be given but only at mealtimes.

Never put juice or sugar sweetened drinks into feeding bottles as it causes tooth decay.



Dummies should be used only as a comforter for short periods of time. Once the child is settled the dummy should be removed.

Never dip dummies into sugary foods or drinks as it can cause tooth decay.



Tips for a healthy smile

You should:

- brush your child's teeth before they go to bed and at one other time each day.
- choose a family strength fluoride toothpaste. A smear of fluoride toothpaste containing at least 1000ppm for children under 3 years and a pea sized amount of 1350ppm – 1500ppm for children over 3 years of age.
- take your child to see their dentist regularly.
- choose sugar free snacks and drinks in between meals.

