

## Cleft Team Dental Advice for Parents & Carers



- ✓ Commence tooth brushing upon eruption of the first baby tooth.
- ✓ Use a smear (rice-sized amount) of 1450ppm fluoride toothpaste as soon as teeth erupt, (recommended due to high caries-risk), moving to a pea-sized amount at 2 years.
- ✓ Brush at night and at one other time during the day
- ✓ Don't rinse the toothpaste away.
- ✓ Only give milk or water to drink.
- ✓ Do not allow baby to sleep with a bottle of milk in their mouth.
- ✓ Discontinue bottle use, moving to an open cup around age 1 year.
- ✓ Offer three main meals and two snacks per day once established on solids.
- ✓ Visit your local dentist by the 1<sup>st</sup> birthday and 6 monthly thereafter.

