



## A good night's sleep helps young children to learn and improves behaviour.

Bedtime is also the most important time of the day for teeth.

This leaflet shows how you can protect your baby's smile as well as creating a soothing routine to encourage sleep.



## Help your child to wake up with a beautiful smile



- In the last hour before bed, for babies aged:
  - 0-6 months:** Stick to breast milk or first infant formula milk
  - 6-12 months:** Stick to breast milk, first infant formula milk or plain water
  - From 1 year:** Stick to breast milk or plain water
- Just a smear of family fluoride toothpaste is enough for under 3s
- No need to rinse the toothpaste away with water
- Don't leave your baby feeding with a bottle in their mouth when they are asleep.
- Take your baby for their first dental check as soon as their first tooth comes through, and certainly by their first birthday.



Take your baby for  
**NHS Dental checks**  
**FREE for all children**

Visit your local NHS dentist for check ups and advice on caring for that special smile.

Breastfeeding is the healthiest way to feed your baby. If you decide not to breastfeed or to stop breastfeeding, it is possible to restart. Giving infant formula to a breastfed baby will reduce your milk supply. <https://www.unicef.org.uk/babyfriendly/>

Adapted from a concept by Baby Teeth DO Matter, Greater Manchester LDN.

Good night guide to healthy smiles and smooth bed times!

## Bedtime for baby teeth



# The golden hour for healthy smiles and bedtime routines

Keeping to the same routine every night lets children know what to expect and calms them down before bed.

## Feeding at bed time

- The last hour before bed is a 'golden hour' for your child's smile and the food and drinks you give are key
- **0-6 months:** Stick to breast milk or first infant formula milk
- **6-12 months:** Stick to breast milk, first infant formula milk or plain water
- **From 1 year:** Stick to breast milk or plain water
- Babies can be encouraged to drink from an open free-flow cup when they start on solid food at around 6 months.
- When your baby turns 1 year old, avoid bottle feeding



## Bath Time

- Brush your baby or toddler's teeth as soon as they come through
- Just a smear of family fluoride toothpaste is enough for under 3s
- No need to rinse the toothpaste away with water
- A warm bath may help your child to fall asleep more quickly



## Bed Time

- Don't leave your baby feeding with a bottle in their mouth when they are asleep
- Take time to read a calming bed time story
- Ensure the room is not too hot or too bright

