

0-2 Years

When you're little, healthy teeth mean a lot.

Baby teeth are important for eating, talking and smiling. Good habits start early.



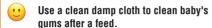
**Dental Health Foundation** Ireland

For tips please turn over

# 0-2 Years

# Visit your dental team once a year for advice and a check up to prevent tooth decay & gum disease.

## **Tooth Tips**





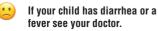
Don't use toothpaste unless advised by your Dentist.

## **Teething**

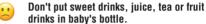
Symptoms of teething may include drooling, disturbed sleep, feeding irritability and tender dums.

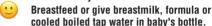


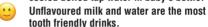
Offer your baby something cool to chew on or rub a cool, damp cloth over the area.



#### Diet







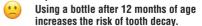
Read food labels carefully for sugar content. Less than 5g per 100g is low sugar. Don't add sugar to food or drinks.



Choose healthy snacks between meals.

### **General Tips**

Encourage drinking from a free flow sippy cup from 6 months.



Don't dip a soother in honey, jam or anything sweet.

