

Early Start Prevention Care Pathway

Advice targeted at Parents/ Guardians / Children aged up to 3 years

- Breast-feeding provides the best nutrition for babies (DBOH)
- From six months of age infants should be introduced to drinking from a free-flow cup, and from age one year feeding from a bottle should be discouraged. (DBOH)
- Sugar should not be added to weaning foods or drinks (DBOH)
- Parents/carers should brush or supervise toothbrushing (DBOH)
- As soon as teeth erupt in the mouth brush them twice daily with a fluoridated toothpaste (DBOH)
- Brush last thing at night and on one other occasion (DBOH)
- Use fluoridated toothpaste containing no less than 1,000 ppm fluoride (DBOH)
- It is good practice to use only a smear of toothpaste (DBOH)
- The frequency and amount of sugary food and drinks should be reduced (DBOH)
- Sugar-free medicines should be recommended (DBOH)

WHERE THERE ARE CONCERNS

For those aged between 2 and 3 apply Duraphat Varnish 50mg/ml Dental Suspension 2.26% (22,600 ppm) Sodium Fluoride 0.25ml twice yearly in-line with Childsmile guidance (see IPP 3-6 pathway for details).

Reduce recall interval Investigate diet and assist adoption of good dietary practice in line with the eat well plate. Signpost to <https://www.nhs.uk/change4life-beta/be-food-smart#6GkKUxrfCBG4LiB8.97>

Where medication is given frequently or long term, liaise with medical practitioner to request it is sugar free, or used to minimise cariogenic effects.

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