

## Age 0-2 Pathway

Caries Risk Assessment	Page 2
Diet Diary	Pages 3-4
Eatwell Guide	Page 5
Breast Feeding Advice	Pages 6-31
Weaning Advice	Pages 32-33
Dental Check by 1 Guidance	Pages 34-38
Modified Bass Technique	Pages 39-40

# Age 0-2 Caries Risk Assessment

	Low Risk	Moderate Risk	High Risk
<b>Contributing Conditions</b>			
Fluoride exposure	Yes	No	
Bottle/Breast Feeding			On demand feeding
Sugary Foods or Drinks	Primarily at mealtimes		Frequent or prolonged between meal exposures/day. Added sugars to bottles.
Caries experience of mother, caregiver and/or other siblings.	No carious lesions in last 24 months	Carious lesions in last 7-23 months	Carious lesions in last 6 months
<b>General Health Conditions</b>			
Special Health Care Needs (developmental, physical, medical or mental disabilities that prevent or limit performance of adequate oral health care)	No	Yes	
<b>Clinical Conditions</b>			
Carious Lesions or Restorations	No new within previous 24 months		Carious lesions or restorations in last 24 months
Visible plaque	No	Yes	
Severe Dry Mouth (Xerostomia)	No		Yes



# my food and drinks diary



Day 3 (day) _____	
Time	This is what I've had to eat or drink:

Day 4 (day) _____	
Time	This is what I've had to eat or drink:

Day 5 (day) _____	
Time	This is what I've had to eat or drink:

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives  
Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## Breast feeding and tooth decay: core messages for dental teams and healthcare professionals

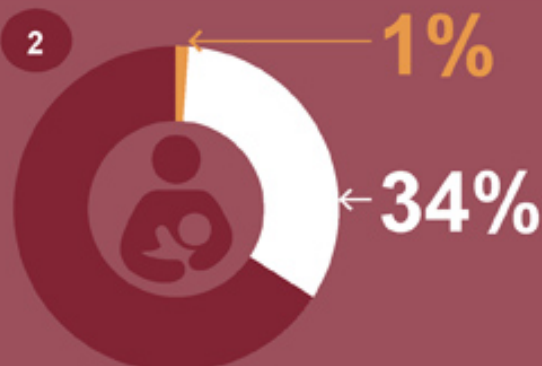
### Breastfeeding has strong evidence of benefits to both child and mother

1



UK government policy advises exclusive breastfeeding for around the first 6 months of life  
Babies should then start solid foods alongside continued breastfeeding at around 6 months

2



Breastfeeding rates in the UK are very low. At 6 months, 34% are still breastfeeding, with 1% exclusively breastfeeding

3



Not being breastfed is associated with an increased risk of infectious morbidity such as gastroenteritis, respiratory infections and middle ear infections

### Evidence on tooth decay and breastfeeding

#### Breastfeeding up to 12 months is associated with a decreased risk of tooth decay



Studies after 12 months are of low quality and contradictory and acknowledge they do not take account of other foods and drinks being consumed

### Support and advice for mothers who are breastfeeding

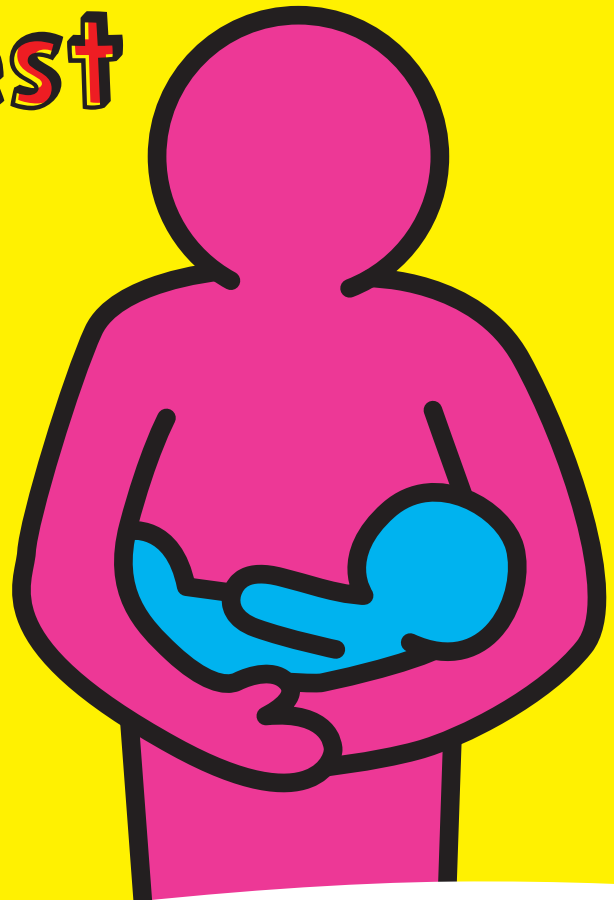
- breast feeding provides the best nutrition for babies
- at around 6 months of age babies should start solid foods, alongside breastfeeding
- as a mixed diet is established, give a wide range of foods, flavours and textures and avoid sugary foods and drinks
- breast or formula milk should be babies' main drink until one year old
  - introduce babies to drinking from a non-valve free-flowing cup from around 6 months of age, containing only breast or formula milk or plain water
- as soon as babies' first tooth erupts:
  - brush their teeth at least twice a day with a smear of toothpaste containing at least 1000ppm fluoride
  - go to the dentist for advice on how to prevent dental disease
- for information on how to make your practice breastfeeding friendly go to the Breastfeeding network: <https://bit.ly/2ai17Eo>





# off to the best start

Important  
information  
about feeding  
your baby



# in this leaflet

<b>What is Start4Life?</b>	<b>3</b>
<b>The best start for your baby</b>	<b>4</b>
<b>What does breastfeeding help protect against?</b>	<b>5</b>
<b>After your baby is born</b>	<b>7</b>
<b>How to breastfeed</b>	<b>8</b>
<b>Signs that your baby is feeding well</b>	<b>11</b>
<b>Top tips</b>	<b>12</b>
<b>Expressing milk</b>	<b>14</b>
<b>How do I know my baby is getting enough milk?</b>	<b>17</b>
<b>How can dads and partners support breastfeeding?</b>	<b>19</b>
<b>What is the Start4Life Information Service for Parents?</b>	<b>22</b>
<b>We're here to help you</b>	<b>23</b>





# what is start4life?

Start4Life is here to help you give your baby a healthier start in life. There are 6 Start4Life building blocks, based on the latest infant health research:

1. Mum's milk – why mums are the baby milk experts
2. No rush to mush – 3 signs that your baby is ready to start on solid foods
3. Taste for life – how giving your baby a variety of food now will help them get into good eating habits
4. Get going every day – Being active every day is important for little ones, so they can grow stronger, bigger and stay healthy
5. Don't forget the development checks and immunisations – Being immunised is the best way to protect them and their checks will ensure they are developing healthily
6. Look after you too – Looking after yourself can help you and your family feel better and healthier too





## the best start for your baby

What happens in your baby's first years has a big effect on how healthy he or she will be in the future.

Mum's milk gives your baby all the nutrients he or she needs for around the first 6 months of life (and it's important beyond 6 months too). It helps to protect your baby from infections and other diseases, and as a mum, it also reduces your chances of getting some illnesses later in life.

Breastfeeding also helps you and your baby to get closer – physically and emotionally. So while you are feeding your baby, the bond between you grows stronger.

Infant formula is made from cows' milk and other ingredients. It doesn't contain the ingredients that help protect your baby from infection and disease. Only your body can make those.



# what does breastfeeding help protect against?

Your milk is perfect and uniquely made for your growing baby's needs. Giving your milk to your baby makes a big difference to both your baby's health and yours. And every day counts: the longer you feed your baby mum's milk, the more they benefit.

## Babies who are NOT breastfed have an increased chance of:

- Diarrhoea and vomiting and having to go to hospital as a result
- Chest infections and having to go to hospital as a result
- Ear infections
- Being constipated
- Becoming obese, which means they are more likely to develop type 2 diabetes and other illnesses later in life
- Developing eczema





## Breastfeeding is good news for mums as:

- It lowers the risk of mum getting breast cancer and may reduce your risk of getting ovarian-cancer
- It naturally uses up about 500 extra calories a day so mums who breastfeed may find it easier to lose their pregnancy weight
- It saves money – formula feeding can cost as much as £45 a month

# after your baby is born

Holding your baby against your skin straight after birth will calm your baby. It will also steady his breathing and help to keep him warm.

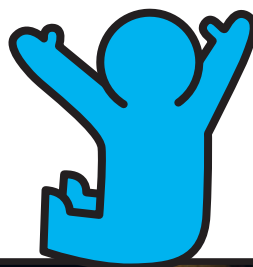
This is a great time to start your first breastfeed because your baby will be alert and will want to feed in the first hour after birth. Your midwife can help you with this.

Your baby will be happier if you keep him near you and feed him whenever he is hungry. This will remind your body to produce plenty of milk.

It is fine to feed your baby when he needs comforting, when your breasts feel full or when you just want to sit down and have a rest. It is not possible to over feed a breastfed baby.



# how to breastfeed



## What position should you use?

There are lots of different positions for breastfeeding. You just need to check the following:

## Is your baby's head and body in a straight line?

If not, your baby might not be able to swallow easily.

## Are you holding your baby close to you?

Support his neck, shoulders and back. He should be able to tilt his head back easily, and he shouldn't have to reach out to feed.





## Are you comfortable?

It's worth getting comfortable before a feed, although it's ok to change your position slightly once your baby is attached to your breast.

## Is your baby's nose opposite your nipple?

Your baby needs to get a big mouthful of breast from underneath the nipple. Placing your baby with his nose level with your nipple will allow him to reach up and attach to your breast well.





**1.** Hold your baby's whole body close with his nose level with your nipple.



**2.** Let your baby's head tip back a little so that his top lip can brush against your nipple. This should help your baby to make a wide open mouth.



**3.** When your baby's mouth opens wide, his chin is able to touch your breast first, with his head tipped back so that his tongue can reach as much breast as possible.



**4.** With his chin firmly touching and his nose clear, his mouth is wide open and there will be much more of the darker skin visible above your baby's top lip than below his bottom lip. Your baby's cheeks will look full and rounded as they feed.

# signs that your baby is feeding well

- Your baby has a large mouthful of breast.
- Your baby's chin is firmly touching your breast.
- It doesn't hurt you when your baby feeds (although the first few sucks may feel strong).
- If you can see the dark skin around your nipple, you should see more dark skin above your baby's top lip than below your baby's bottom lip.
- Your baby's cheeks stay rounded during sucking.
- Your baby rhythmically takes long sucks and swallows (it is normal for your baby to pause from time to time).
- Your baby finishes the feed and comes off the breast on his or her own.



# top tips



## Try not to give your baby other food or drink

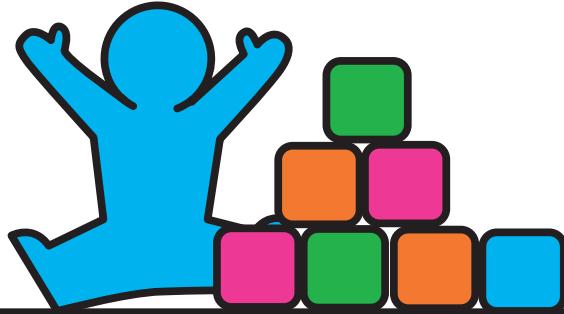
- The more mum's milk you give your baby, the more milk you will produce. Giving other food or drink will reduce your milk supply.
- If you give your baby less mum's milk, it will not protect your baby against illness as effectively.
- Feeding your baby solid food before they are ready (they are ready at around 6 months) could lead to him or her getting an upset tummy.

## Make sure your baby is properly attached to your breast

(see pages 8-11)

- You will have a good supply of milk and your baby will get a good feed.
- It will help stop your breasts getting sore.





## Try not to give a dummy before breastfeeding is established – usually around a month

- Babies who have a dummy sometimes find it difficult to remember how to attach to mum's breast.
- Your baby will be less likely to feed when they need to, so won't take in as much milk.



## Don't be scared to ask for help

It can take a while before you feel confident. You can ask your midwife, health visitor or peer supporter to help you with breastfeeding, or call the National Breastfeeding Helpline: **0300 100 0212\***

You can also call Start4Life on **0300 123 1021\*** or visit [www.nhs.uk/start4life](http://www.nhs.uk/start4life)

For information on healthy eating for you while breastfeeding, see [www.nhs.uk/conditions/pregnancy-and-baby](http://www.nhs.uk/conditions/pregnancy-and-baby)



# expressing milk

## What does 'expressing milk' mean?

Expressing milk means squeezing milk out of your breast.

- You can express milk by hand or with a hand pump or an electric pump.
- Different pumps suit different women, so ask for information to compare them.
- A pump needs to be clean and sterilised each time it is used.

## Why express milk?

- If you express milk, your baby will still be able to have mum's milk even if somebody else is feeding them.
- This may be useful if you are away from your baby or returning to work or study.
- It's best to wait until your baby is a little older before regularly expressing milk, so you have a chance to get feeding going well first.

## Why express by hand?

- If your breasts feel uncomfortably full.
- If your baby isn't sucking well but you still want to give him mum's milk.
- If you don't want to buy or use a pump to express milk.
- In the first few days it is easier to express by hand.



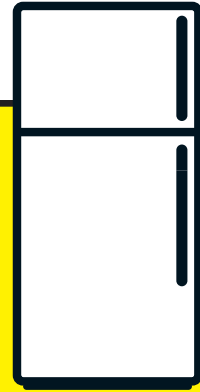
## How to express milk by hand

1. Have a clean sterilised container to hand before you start.
2. Cup your breast and place your thumb and finger about 2-3 cm from the base of the nipple.
3. Using your thumb and the rest of your fingers in a C shape, gently squeeze this area – this shouldn't hurt.
4. Release the pressure and then repeat again and again, building up a rhythm. Avoid sliding your fingers over the skin. At first, only drops will appear, but just keep going as it will help build up your supply. With practice and a little more time, milk will flow freely.
5. When the flow slows down, move your fingers round to try a different section of your breast and repeat. When this happens again swap to the other breast. Keep changing breasts until the milk is dripping very slowly or stops altogether..
6. If the milk doesn't flow, try moving your fingers slightly towards the nipple or further away, and try a gentle breast massage.



## Storing milk

- Remember to use a sterilised container to put the milk in.
- You can store mum's milk in the fridge for up to 5 days at 4°C or lower (usually at the back, never in the door).
- Mum's milk can be stored for 2 weeks in the ice compartment of a fridge or for up to 6 months in a freezer.
- Defrost frozen mum's milk in the fridge. Once thawed, use it straight away.
- If your baby prefers, you can warm the milk up to body temperature before feeding. Never heat milk in the microwave as it can cause hot spots which can burn your baby's mouth.



## Expressing milk for a baby who is premature or ill

If your baby has to stay in hospital, it is important to start expressing your milk as soon as possible after your baby is born. In order to ensure that you produce plenty of milk, you will need to express at least 8 times over 24 hours, including during the night. Ask the hospital staff about holding your baby in skin-to-skin contact. This can help with bonding and keeping up your milk supply. If you are freezing your milk because your baby is premature or ill, ask the staff caring for your baby for advice.



# how do i know my baby is getting enough milk?

Day 1

Days 2-3

Day 4

- Your baby should be healthy and gaining weight after the first 2 weeks.
- In the first 48 hours, your baby is likely to have only 2 or 3 wet nappies. Wet nappies should then start to become more frequent, with at least 6 every 24 hours from day 5 onwards.
- At the beginning, your baby will pass a black tar-like stool (poo) called meconium. By day 3, this should be changing to a lighter, runnier, greenish stool that is easier to clean up. From day 4 and for the first few weeks your baby should pass 2 or more yellow stools a day. Most babies pass lots of stools and this is a good sign. Remember, it's normal for breastfed babies to pass loose stools. Your baby should have at least six wet and two dirty nappies a day, and the amount of poo varies from baby to baby. If you are concerned your baby is not getting enough milk, speak to your midwife or health visitor.
- Your breasts and nipples should not be sore. If they are, do ask for help.
- Your baby will be content and satisfied after most feeds and will come off the breast on their own.
- If you are concerned about any of these points, speak to your midwife or health visitor.

**For online information about breastfeeding, visit [www.nhs.uk/whybreastfeed](http://www.nhs.uk/whybreastfeed)**

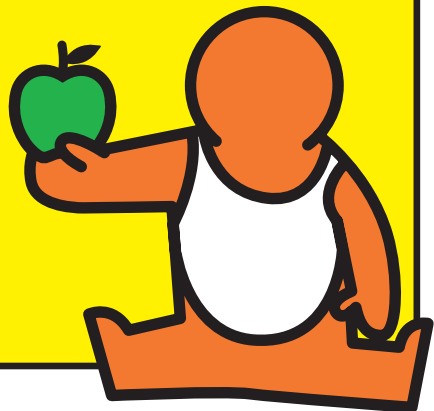
Mum's milk is the healthiest way to feed your baby. Giving infant formula to a breastfed baby will reduce your supply of milk. If you decide to stop breastfeeding, it is possible to restart and support is available from your midwife or health visitor.

## Vitamins

You do not need to eat any special foods while breastfeeding but it is a good idea for you, just like everyone else, to eat a healthy diet. It is also recommended that all pregnant and breastfeeding women take a daily supplement of 10mcg of vitamin D.

Mum's milk gives your baby all the nutrients he or she needs for around the first 6 months of life. Babies are born with vitamin D from their mum rather than getting it from mum's milk. If you are breastfeeding your baby and you:

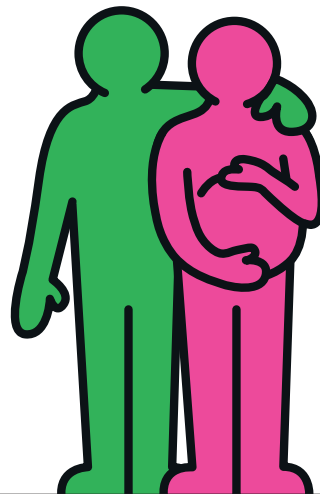
- Took vitamin D supplements throughout your pregnancy your baby will be born with enough vitamin D in their body for the first few months of life. You should begin giving your baby vitamin drops containing vitamin D from 6 months to 5 years.
- Did not take vitamin D supplements throughout your pregnancy you should give your baby vitamin drops containing vitamin D earlier – from 1 month of age to 5 years.



# how can dads and partners support breastfeeding?

As a dad your role is to respond to your baby's need for love, comfort and security. Your support and understanding will help your partner breastfeed your baby.

Women are much more likely to breastfeed for longer when they have their partner's support. This leads to a greater sense of achievement for mum, and health benefits for both mum and baby. It can be a bonding experience for the whole family.

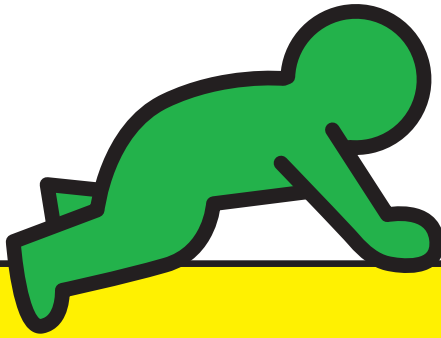


## Practical ways partners can help



- Go to antenatal or breastfeeding sessions. Some sessions are organised especially for dads. Ask your midwife, or at your local Children's Centre for further details. Learning the same information as your partner and discussing it together can be really helpful, especially in the early days when everything is very new and may sometimes feel overwhelming.
- Give emotional and practical support. It can be a really hard time in the early days when babies and children take up all of your energy. But it doesn't last forever. Try to make time for each other when you can. Do little things to make each other feel cared for and included.
- Arrange paternity leave so that you can get your new family off to a good start. Talk to your employer about paternity leave early on, so that you can plan how this best suits your family needs.
- Try to make life easier. It's the little things that make a big difference. For example, preparing meals that fit around your baby's feeds, giving your partner a cup of tea while she feeds your baby, or even cutting up her dinner. She'll appreciate your help and being able to provide some stress relief.





If you already have young children, take the stress away from mum by keeping them entertained while she feeds the baby and give your children the security and reassurance they need that you still have plenty of time and love for them. Look at how you can get the chores done so that you and your partner have some time to relax.

You will want some time with your new baby so give them a cuddle and get involved in their care. Spending time with skin to skin contact, talking to your baby and looking into their eyes are great ways of becoming close to your baby and sharing responsibilities with your partner.

If your partner decides to express her breast milk, you could give your baby a bottle of breast milk. Not all babies are keen to bottle feed; some prefer only to breastfeed. At around six months, your baby will be ready to try solid foods, and you can enjoy introducing your baby to a range of healthy foods and share this exciting time with them.



## More information for dads

The Fatherhood Institute website at [www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org) also provides useful information specifically for fathers. For a summary of research into the importance of fathers as part of breastfeeding, check out the website.

# what is the start4life information service for parents?

A free service for both mums and dads offering regular emails or texts about pregnancy, the first weeks of your baby's life and beyond. You can sign up to receive NHS advice and trusted information on a range of topics, including:

- How your baby's developing
- Keeping fit and healthy during pregnancy
- Getting ready for your baby's arrival
- Breastfeeding
- Immunisations
- Benefit advice
- Who's there to support you



The service can be accessed online at [www.nhs.uk/start4life](http://www.nhs.uk/start4life) and includes video clips showing midwives demonstrating practical advice and other parents discussing their own experiences.

## Who can sign up?

Mums and dads in England who are expecting or already have a baby.

## Benefits

- Links to trusted NHS information on pregnancy, babies and your own health
- Links to other reliable sources of information on parenting, covering topics such as benefits advice, childcare and relationship support
- Timely advice tailored to your baby's age
- All content via email and text is free, up to date and regularly reviewed

# We're here to help you

If you need to talk to someone about anything in this booklet, or anything to do with breastfeeding your baby, please ask.

## Start4Life

 0300 123 1021\*

or textphone 0300 123 1054

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

## National Breastfeeding Helpline

 0300 100 0212\*

[www.nationalbreastfeedinghelpline.org.uk](http://www.nationalbreastfeedinghelpline.org.uk)

Staffed by volunteers from:

- Association of Breastfeeding Mothers  
[www.abm.me.uk](http://www.abm.me.uk)
- The Breastfeeding Network  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

## The Breastfeeding Network Supportline in Bengali/Sylheti

 0300 456 2421\*

## NCT Breastfeeding Line

 0300 330 0771\*

[www.nct.org.uk](http://www.nct.org.uk)

## La Leche League

 0845 120 2918

[www.laleche.org.uk](http://www.laleche.org.uk)



## UNICEF UK Baby Friendly Initiative

UNICEF is the world's leading children's charity.

The Baby Friendly Initiative provides training and assessment for hospitals and community health services to enable them to give breastfeeding mothers the help and support they need to breastfeed successfully. Visit [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

\*Calls to 03 numbers should cost no more than geographic 01 or 02 UK-wide calls and may be part of inclusive minutes subject to your provider and your call package. The National Breastfeeding Helpline is open from 9.30am to 9.30pm. The Start4Life lines are open from 9am to 8pm. Both are open 7 days a week.

Find out more and sign up for free emails, videos and texts from the Start4Life Information Service for Parents throughout your pregnancy and as your baby grows at [www.nhs.uk/start4life](http://www.nhs.uk/start4life).

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A good start for a healthier life



# The best start for you and your baby

Breastfeeding is great for both you and your baby; it helps build a strong bond and is good for your baby's overall health. Breast milk provides all the nutrition your baby needs in their first 6 months and boosts their ability to fight illness and infection. Babies who aren't breastfed are more likely to get diarrhoea and chest infections.

But, as with anything new, it's something you need to learn how to do and it's normal to experience the odd set back. Luckily, Start4Life is here to help.

## Breastfeeding support, 24/7

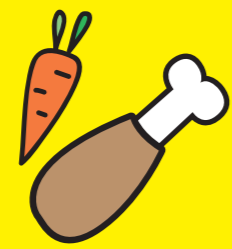
If you've got questions about breastfeeding, there are lots of ways Start4Life can help:

- Try the Breastfeeding Friend from Start4Life available on [Amazon Alexa](#), [Google Home and Assistant](#), or on [Facebook Messenger](#)
- Visit the [Start4Life website](#) for helpful information. You can also sign up to receive weekly emails and videos with advice about pregnancy, birth and parenthood
- Ask your midwife or health visitor for a copy of the '[Off to the Best Start](#)' leaflet

Search Start4Life to see all the support on offer.

start 4 life

# The bite-sized guide to healthy weaning



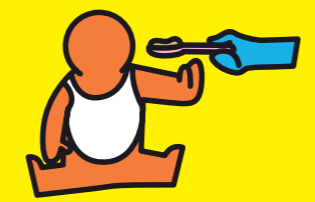
For expert advice and support on making healthy weaning easy,

search **Start4Life**

We're on Facebook and Instagram too and want to hear your weaning tips and stories!

**No need to rush from milk to mush. Around six months is right, not four months plus!**

It's best to wait until your baby is around six months old before you introduce solid foods alongside breast milk or infant formula. This gives your baby time to develop properly so they can cope with solid food.



Breast milk is the best food your baby can have during the first six months. Babies who are not breastfed are more likely to get infections.

**Milk is still important, it gives me the nutrients I need. So don't forget, I'll still want my feed!**

Breast milk or infant formula should be your baby's main drink until they are 12 months old, and you can carry on with breast milk for as long as you both want.

**TIP:** "Follow-on" formula isn't suitable for babies under six months, and you don't need to introduce it after six months.

As time goes on and your baby eats more solids, they may naturally want less breast milk or infant formula. Remember your baby's tummy is tiny and fills up quickly – so offer milk feeds after solids.

## What are the signs it's time to wean?

There are three clear signs, which when they appear together from around six months, show that your baby is ready for their first solid foods:

- 1** Sit up & hold their head steady
- 2** Coordinate their eyes, hands and mouth so they can look at food, pick it up and put it in their mouth
- 3** Swallow food rather than push it back out

## 3 signs mistaken for a baby being ready

- 1** Chewing fists
- 2** Waking in the night (more than usual)
- 3** Wanting extra milk feeds

**TIP:** Starting solid foods will not make them any more likely to sleep through the night. Sometimes a little extra milk will help until they are ready for solids.

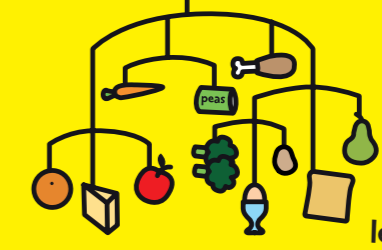
**Baby not in the mood for food?**

It may take 10 tries or even more for your baby to get used to new foods, flavours and textures. There will be days when they eat more, some when they eat less, and then days when they reject everything. Don't worry – it's perfectly normal.

**TIP:** They might make funny faces, but that doesn't mean they don't like it; they're just getting used to new tastes and textures.

Just keep offering a variety of foods – even the ones they don't seem to like – and let them get used to it in their own time.

**Baby has a tiny tummy so will get full quickly, even if it's yummy!**



In the beginning your baby will only need a small amount of food each day – so don't worry about how much they eat. The most important thing is trying new foods and flavours and learning to swallow solid food.



They will still be getting most of their energy and nutrients from breast milk or infant formula.

**Babies don't need treats, they're already oh so sweet!**



Babies don't need sweet or salty snacks or treats. Even baby versions are not necessary. Many shop-bought packaged snacks can be high in sugar and salt.

Avoid things like biscuits, chocolate, sweets and pastries as they have lots of sugar and babies don't need them.

Sweet drinks like squash, fizzy drinks, milkshakes and fruit juice can have lots of sugar, so avoid these to help prevent tooth decay. Even baby and toddler drinks can be sugary.

Offer sips of water from a cup with meals.



# An adventure for tiny tummies & taste buds

## What do you need?

### High chair

Your baby needs to be sitting safely, in an upright position. Never leave them unattended on raised surfaces.

### First cup

Encourage your baby to sip water from a cup with their meals. This helps them learn to sip and is better for their teeth.

### Soft weaning spoons

These won't hurt your baby's gums.



**TIP:** Stay with your baby so you can be sure they are swallowing their food safely.

From around **6** months old

**TIP:** Foods most likely to cause allergies (such as peanuts, eggs, gluten or fish) can be introduced one at a time from around six months along with other solid foods. But remember peanuts should be crushed or ground to avoid choking.

### Small amounts still count

Solid food just once a day is enough to get healthy weaning on the way.



**TIP:** Your baby may gag at first as they are learning how to manage the amount of food they can chew and swallow at one time.

### Start with single fruit and veg

You can try mashed, pureed or soft cooked sticks (finger foods) of parsnip, potato, yam, sweet potato, carrot, apple or pear.

### Variety is the key to keeping baby happy

Gradually increase the amount and variety of food your baby eats and offer foods from the different food groups.

**TIP:** Include vegetables that aren't so sweet (like broccoli, cauliflower and spinach). This can help prevent babies being fussy eaters as they grow up.

### Food groups

**Fruit**  
like bananas, oranges, apples, melon, peach and plums

**Pasteurised full fat dairy**  
like unsweetened yoghurt, fromage frais and cheese

**Protein foods**  
meat (like chicken or lamb), fish, eggs and pulses (like beans and lentils)

**Veg**  
like broccoli, cauliflower, spinach and carrot

**Starchy foods**  
like rice, pasta, noodles, bread, potato and yam

### In the mood for lumpy and finger foods

Try moving on (from pureed) to mashed and finger foods as soon as they're ready. Babies love picking up bits of food and feeding themselves - it's good for developing their hand and eye coordination and learning to bite, chew and swallow.

**For nutrients and energy I'll still need milk feeds, how much is down to the individual's needs!**

Around **7-9** months

### Keep trying different tastes and textures

Remember, don't give up on foods that they don't seem to like! Keep offering lots of different tastes and textures, including bigger chunks of soft food and a wider variety of finger foods.

### Now baby needs three meals a day plus milk feeds!

Lunches and dinners can include a main course and a pudding (like fruit or unsweetened yoghurt).

Around **10-12** months

**TIP:** Babies under 12 months don't need snacks. If they are hungry in between meals offer an extra milk feed.

### Munch, chomp, chew, baby learns by watching you

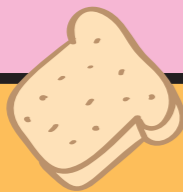
By now, your baby will have had some good practice learning how to eat! Eat together as often as possible; they learn a lot from watching you.

### My oh my, new food to try

Around 7-9 months, your baby will gradually move towards three meals a day. Keep increasing the amount and variety of food they eat.

**TIP:** When your baby has had enough, they'll let you know by firmly closing their mouth or turning their head away.

**12** months+



**TIP:** Plain water is the best drink at mealtimes. Avoid sugary drinks as these can cause tooth decay.

### Peek-a-boo!

### What can I see? Healthy meals for the whole family!

Start4Life has simple recipes for baby that the whole family can enjoy too.

Your baby may need two healthy snacks in between meals (like fruit, vegetable sticks, toast, bread or plain yoghurt).

### Milky moo, for baby and you

Your baby can now drink cows' milk. Choose full fat for children under 2 as they need the extra energy.

Carry on breastfeeding for as long as you both want.

**Remember, babies copy the things you do, the way that you smile and the things that you chew.**

**TIP:** Babies don't need salt or sugar added to their food (or cooking water). Babies shouldn't eat salty foods as it isn't good for their kidneys. Sugar can cause tooth decay.

Check out our recipes and advice for each weaning stage:

search **Start4Life**



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25<sup>th</sup> September 2017

Dear Dental Professional

**Re: Avoidance of Doubt: Dental visits for children under the age of 3 years**

Please find details of this *avoidance of doubt* notification to provide clarity on Dental visits for children under the age of 3 years.

It is recognised that early visits for children under the age of 3 years are vital for delivering key preventive messages, acclimatisation and beginning a positive, lifelong relationship with NHS dentistry.

**What needs to be delivered during a visit?**

- Children under the age of 3 years are usually termed “pre-cooperative” – they are unlikely to sit still and have a check-up – so be prepared. Undertake a clinical examination if it will not result in undue anxiety for the child. They can be examined in a parent’s arms, or on a parent’s lap, or you can use a knee to knee posture<sup>1</sup>.
- Reassure parents that it is normal for children to be uncertain and possibly a little worried – after all it is a new experience. Explain that things will improve with familiarisation and regular attendance.
- Prevention messages and intervention should be in line with Delivering Better Oral Health<sup>2</sup> as per the tables overleaf:

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<sup>1</sup> How to undertake knee to knee exam <http://healthyteethhealthykids.org/knee-to-knee-exam/>

<sup>2</sup> Delivering Better Oral Health – an evidence-based toolkit for prevention – Summary Guidance Tables – third edition <https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

**Table 1 - Prevention of caries in children aged up to 3 years of age**

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

**Table 2 - Children aged 0-6 years giving concern (e.g. those likely to develop caries, those with special needs)**

<b>Advice to be given</b>
• Breast feeding provides the best nutrition for babies
• From six months of age infants should be introduced to drinking from a free-flow cup, and from aged one year feeding from a bottle should be discouraged
• Sugar should not be added to weaning foods or drinks
• Parents/ carers should brush or supervise tooth brushing
• As soon as teeth erupt in the mouth brush them twice daily with a fluoridated toothpaste
• Brush last thing at night and on one other occasion
• Use fluoridated toothpaste containing <b>1,350 to 1,500 ppm</b> fluoride
• It is good practice to use only a smear of toothpaste
• The frequency and amount of sugary food and drink should be reduced
• Where medication is given long term - <b>request that it is sugar free</b> , or used to minimise cariogenic effects

**Table 3 - Children aged 0-6 years giving concern (e.g. those likely to develop caries, those with special needs)**

<b>Professional intervention</b>
• Apply fluoride varnish to teeth two or more times a year (2.2% NaF-)
• Reduce recall interval
• Investigate diet and assist adoption of good dietary practice in line with the Eatwell Guide <sup>3</sup>
• Where medication is given frequently or long term, liaise with the medical practitioner to request that it is sugar free, or used to minimise cariogenic effects

<sup>3</sup> The Eatwell Guide <https://www.gov.uk/government/publications/the-eatwell-guide>

### What needs to be documented?

- That an exam was achieved/attempted and if not, why not e.g. limited examination performed with verbal consent - record notation of teeth actually visualised (which may not be all teeth present in the mouth) and whether caries free etc.
- Advice given e.g. advised brush twice daily with fluoridated toothpaste, not just "prevention given". Ensure all preventive messages are aligned with Delivering Better Oral Health.
- A decision on recall interval in line with NICE guidance<sup>4</sup> and Delivering Better Oral Health.

### What can be claimed?

- Where a reasonable attempt has been made to **undertake an examination in a dental surgery setting**<sup>5</sup> and the records are kept as noted above then claims can be submitted. This includes prevention and advice which must be noted.

### Can I claim for Band1 even if I have not been able to complete a full examination?

- Yes you can, as it is recognised that these early visits for children under the age of 3 years are about delivering key preventive messages, acclimatisation and beginning a positive, lifelong relationship with NHS dentistry. Where you tick exam undertaken on the FP17 claim submission, please ensure you record in the clinical notes the attempt made and whatever aspects of the examination you did manage to undertake, the preventive messages given / other advice given. Please ensure the parent / guardian has been made aware of the limitation of the exam undertaken where a full examination has not been possible.

### Who can undertake the assessment?

- At present, to be able to make a claim for a NHS course of treatment then the assessment would have to be undertaken/ attempted by the dentist (Performer attached to the contract). There will be aspects of the care and prevention that can be delegated to dental care professionals as long as they are working within their scope of practice as set out by the General Dental Council<sup>6</sup> and have had appropriate training.

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<sup>4</sup> Dental checks: intervals between oral health reviews; The National Institute for Health and Care Excellence (NICE) <https://www.nice.org.uk/guidance/cg19>

<sup>5</sup> Setting should be aligned to where you currently provide NHS services (dental surgery address) as specified within your contractual agreement with the NHS

<sup>6</sup> Scope of Practice; General Dental Council <https://www.gdc-uk.org/professionals/standards/st-scope-of-practice>

**Recalls**

- These should be in line with the assessment and documentation of caries / dental disease risk in line with NICE guidance and Delivering Better Oral Health.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Sara Hurley', with a stylized, cursive script.

Sara J Hurley  
Chief Dental Officer England  
BDS (UBrist), MFGDP (UK), MSc (UCL), MA (King's), FDSRCS, psc(j)

## Useful references

1. How to undertake knee to knee exam

<http://healthyteethhealthykids.org/knee-to-knee-exam/>

2. Delivering Better Oral Health: an evidence based tool kit. Third Edition, 2014 updated March 2017

<https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

3. A quick guide to a healthy mouth in children – Public Health England

<https://www.gov.uk/government/publications/delivering-better-oral-health-an-evidence-based-toolkit-for-prevention>

4. The Eatwell Guide

<https://www.gov.uk/government/publications/the-eatwell-guide>

5. Dental checks: intervals between oral health reviews; The National Institute for Health and Care Excellence (NICE)

<https://www.nice.org.uk/guidance/cg19>

6. Scope of Practice; General Dental Council

<https://www.gdc-uk.org/professionals/standards/st-scope-of-practice>

(Please note the above links are to external websites and so links may change and documents may be updated)

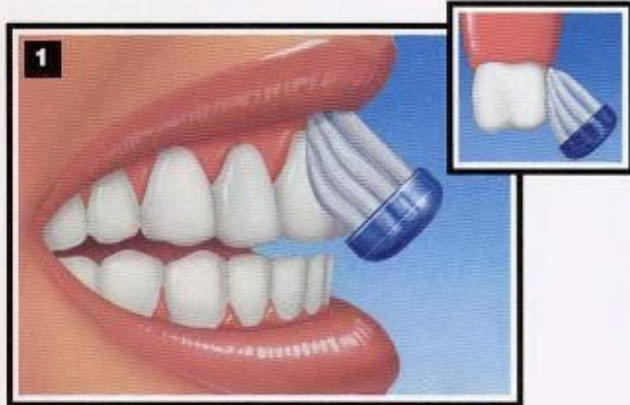
**Publications Gateway Reference 07250**



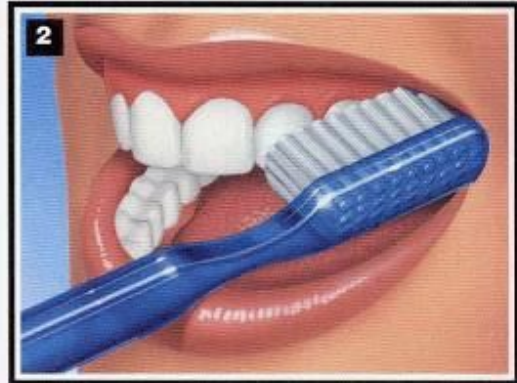
## How To Brush

Modified Bass brushing technique:

- Hold the head of the toothbrush horizontally against your teeth with the bristles part-way on the gums
- Tilt the brush head to about a 45-degree angle, so the bristles are pointing under the gum line.
- Move the toothbrush in very short horizontal strokes so the tips of the bristles stay in one place, but the head of the brush waggles back and forth. Or use tiny circular motions. This allows the bristles to slide gently under the gum. Do this for about 20 strokes. This assures that adequate time will be spent cleaning away as much plaque as possible. Note: this is a very gentle motion. In healthy gums, this should cause no pain. Brushing too vigorously or with large strokes can damage gum tissue.
- Roll or flick the brush so that the bristles move out from under the gum toward the biting edge of the tooth. This helps move the plaque out from under the gum line.
- Repeat for every tooth, so that all tooth surfaces and gum lines are cleaned.
- For the insides of your front teeth, where the horizontal brush position is cumbersome, hold the brush vertically instead. Again, use gentle back and forth brushing action and finish with a roll or flick of the brush toward the biting edge.
- To clean the biting or chewing surfaces of the teeth, hold the brush so the bristles are straight down on the flat surface of the molars.
- Gently move the brush back and forth or in tiny circles to clean the entire surface. Move to a new tooth or area until all teeth are cleaned.
- You can clear even more bacteria out of your mouth by brushing your tongue. With your toothbrush, brush firmly but gently from back to front. Do not go so far back in your mouth that you gag. Rinse again.



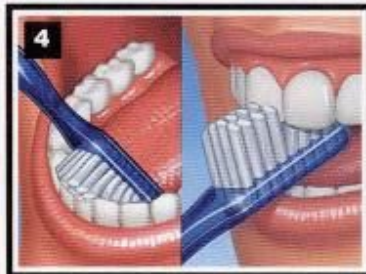
1 Place bristles along the gumline at a 45° angle. Bristles should contact both the tooth surface and the gumline.



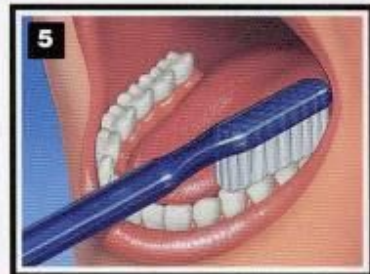
2 Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back, forth & rolling motion. Move brush to the next group of 2-3 teeth and repeat.



3 Maintain a 45° angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth & rolling motion along all of the inner tooth surfaces.



4 Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



5 Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.

