

Useful Information

Ashton, Leigh & Wigan	Leigh Health Centre Pemberton Health Centre	01942 483401 01942 481930
Bolton	Lever Chambers	01204 462730
Chester	The Fountains Health Centre	01244 356809
East Cheshire	Dene Drive Primary Care Centre, Winsford	01606 544188
Halton	Hallwood Health Centre	01928 593400
St.Helens	St.Helens Dental Clinic	01744 731395
Stockport	Kingsgate House	0161 426 5680
Tameside & Glossop	Ashton PCC Ashton Under Lyne	0161 342 7150
Trafford	Seymour Grove Health Centre	0161 786 3331
Warrington	Bath St. Health & Wellbeing Centre	01925 867974
Widnes	HCRC	0151 495 5042

Local Pharmacy

Your local pharmacies offer a wide range of services including information and general advice on symptom relief medicines as well as a prescription collection and delivery service.

A list of local dental practitioners is available from:

Healthy Living
Ground Floor, Lincoln House
College Street
St.Helens
WA10 1UQ

We are open: Monday - Friday, 9.00am - 5.00pm

☎ **0300 300 0103**

🌐 www.healthysthelens.co.uk/oralhealth

🐦 [@HealthySTH](https://twitter.com/HealthySTH)

✉ hit@sthelens.gov.uk

Oral Health Care for Parents and Carers of Children



Why is your mouth important?

We use our mouth for breathing, eating, smiling and communication. Small children also use their mouth as a tool for discovery.

From the moment your child's teeth appear they are at risk of becoming decayed so it is vital that their teeth, gums and mouth are looked after as well as possible right from the start.

It is therefore important that good toothbrushing habits start early as an unhealthy mouth can cause pain, discomfort and infections.

The chance of tooth decay increases if:

- Your child is given sugary food, drinks, medicines or diet supplements frequently during the day or night
- Your child does not use family fluoride toothpaste at least twice a day
- Your child has a dry mouth
- Your doctor prescribes sugary medicines
- Your child has dietary supplements
- Your child uses a bottle for a long time - especially if this happens during the night.

How to prevent tooth decay

- Start to visit the dentist regularly as soon as your child's first tooth appears
- Keep sugary food and drinks to mealtimes
- Avoid giving your child sugary food and drinks before bed time or during the night
- Encourage your child to use a free flowing feeding cup from six months of age
- Plain water and milk are the best drinks for your child's teeth in-between meals
- Try to avoid thickening agents that may contain sugars as they can cause decay. A dietician can advise how to limit the times they are given or suggest if a different type could be used
- Ask your dietician / dentist about ways of reducing the chance of tooth decay if a high calorie diet is needed
- Ask your doctor / pharmacist if sugar free medicine can be prescribed. Medicines containing sugar should be given at mealtimes where possible.

