Information for Parents/Carers: Oral (dental) Health

A picture containing drawing, food

Description automatically generated*A quarter of 5-year olds in England have tooth decay when they start school. Tooth decay is largely preventable. Poor oral health can affect children’s ability to sleep, eat, speak, play and socialise with other children. Parents and carers can help children look after their teeth.*

NHS Advice [Taking Care of Children’s Teeth](https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/)

NHS Advice [Drinks and Cups for Babies and Young Children](https://www.nhs.uk/conditions/pregnancy-and-baby/drinks-and-cups-children/)

NHS-approved App: Brush DJ Timer <https://www.brushdj.com/>

Sugar Smart facts <https://www.nhs.uk/change4life/food-facts/sugar>

Change4Life [Low Sugar Drinks](https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay) and [Sugar Food Facts](https://www.nhs.uk/change4life/food-facts/sugar)

[A practical guide to children’s teeth](https://teethteam.org.uk/resources/BSPD-Practical-parenting-guide.pdf) leaflet by the British Society of Paediatric Dentistry

[Looking after your Children’s Teeth](https://ihv.org.uk/wp-content/uploads/2015/11/PT_Childrens-Teeth_V6-WEB.pdf) factsheet by the Institute for Health Visitors

Visit the [Wessex Dental Advisory Service](http://www.wessexdentalhelpline.nhs.uk/) for help finding a local dentist

**Problems finding an NHS dentist**

If after contacting several dental surgeries you still cannot find a dentist accepting NHS patients, call NHS England's Customer Contact Centre on 0300 311 2233.

NHS England commissions dental services in England and is required to meet the needs of their local population for both urgent and routine dental care.

Your [local Healthwatch](https://www.healthwatch.co.uk/your-local-healthwatch/list) also may be able to give you information about services in your area.

**Dental emergency and out-of-hours care**

If you think you need urgent care, contact your usual dentist as some surgeries offer emergency dental slots and will provide care if clinically necessary.

You can also contact NHS 111, who can put you in touch with an urgent dental service.

Do not contact a GP, as they will not be able to offer urgent or emergency dental care.