

Comments and complaints

Tameside Council strives to deliver excellent customer service. The Council delivers a wide range of services and whilst we endeavour to provide a consistent, high quality service, we also recognise that occasionally issues can occur and things can go wrong.

We recognise the importance of listening to any feedback we receive, as this provides a valuable source of information; it lets us know what we are doing well and equally where service improvements can possibly be made.

In most cases, before any issues are considered via the formal complaints process, they must have been highlighted to the appropriate Council service through the service request process.

By raising the issue as a service request initially, it allows us the opportunity to resolve the matter quickly and efficiently, so that you can get the service that you want.

Visit www.tameside.gov.uk/complaints for more information

Contact us

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Be Well Tameside



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Further guidance

For more information please visit:

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

www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth

www.tameside.gov.uk/health/oralhealth



Brush together, smile forever

Good oral hygiene for
babies and young children

When should I start brushing my babies teeth?

Brushing should start as soon as the first tooth appears, usually around the age of 6 months.

How often should I brush?

Brush all tooth surfaces at least twice a day (last thing at night or bedtime and on at least one other occasion) with fluoride toothpaste.

Cleaning teeth thoroughly may take at least 2 minutes.

What sort of toothbrush should I use?

Both manual or powered toothbrushes are effective at cleaning teeth.



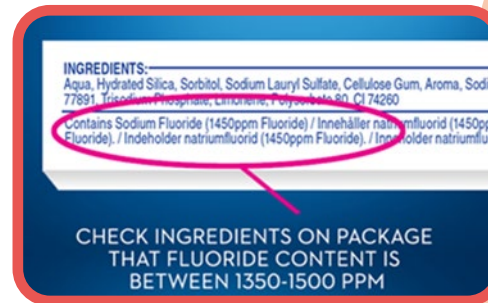
Choose one that your child is comfortable with. Timers and downloadable apps can be helpful to assist younger children with the length of time toothbrushing.



Should I use fluoride toothpaste for my child?

Yes it's important to use toothpaste containing fluoride as it helps to strengthen the teeth.

Choose fluoride toothpaste that all the family can use (minimum of 1,000ppmF); for maximum protection against tooth decay toothpaste containing 1,350 – 1,500ppmF is advised. Always check the label.



How much toothpaste should I use with my child?

Parents or carers should use no more than a smear of toothpaste (a thin film of paste covering less than three-quarters of the child's brush) for children below 3 years of age.



Parents or carers should use no more than a pea-size amount of toothpaste for children between 3 and 6 years.



When can they brush on their own?

Parents or carers should brush their young children's teeth until at least 7 years of age. Parental supervision in the early years can also ensure that children do not eat or lick toothpaste from the tube or brush, use the correct amount of toothpaste, and brush in a systematic pattern around the mouth.

Should my child rinse with water after brushing?

As soon as they are able (usually around the age of 3 years) children should be encouraged to spit out excess toothpaste and not to rinse with water after brushing.

Top tips for toothbrushing

- Start to brush as soon as the first tooth appears. Make it part of your child's daily routine.
- Use the correct amount of family fluoride toothpaste.
- Choose a suitable toothbrush.
- Brush for a minimum of two minutes, twice a day. Before bed is the most important time.
- Young children under 7 years old should always be supervised by an adult whilst toothbrushing.
- Spit, don't rinse. Leaving fluoride on the teeth helps to protect against tooth decay.