

# Useful links

<https://www.gov.uk/healthy-start>



<https://www.manchester.gov.uk/>



<https://www.nhs.uk/start4life>



<https://www.nhs.uk/healthier-families/>

## Unicef rights of the child

Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this

## Acknowledgements

We would like to thank all of the people who helped us produce the Manchester Healthy families and Healthy Smile information booklet, without their support and guidance it wouldn't have been possible.

Sure Start Children's Centre - Hulme, Moss Side & Rusholme 1001 Day, Child and Family Health Sub Group  
Manchester Oral health improvement Service  
Manchester City Council Early Years Quality Assurance Team  
Greater Manchester Mental Health NHS Foundation Trust  
Manchester Public Health Team  
Manchester City Council Neighbourhood Community Development Team  
Manchester Local Care Organisation

June 2023

# Sure Start

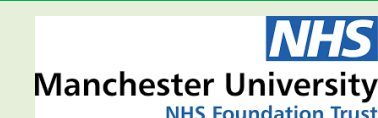


Start well  
Giving every child  
the best start in life



# Manchester's Healthy Families and Healthy Smiles

## Tips for good oral health and healthy eating



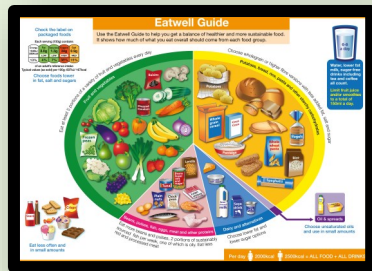


# Pregnancy

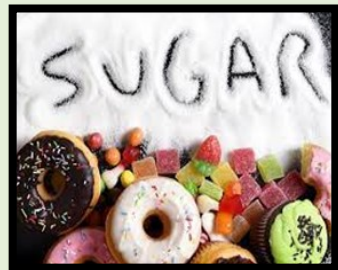
## Healthy Eating



Eating healthy during pregnancy will help your baby develop.



Keep your meals healthy and balanced



Sugar cravings can cause tooth decay



There is no need to eat for two



To help you buy fresh fruit and vegetables you may be entitled to Healthy Start

## Oral Health

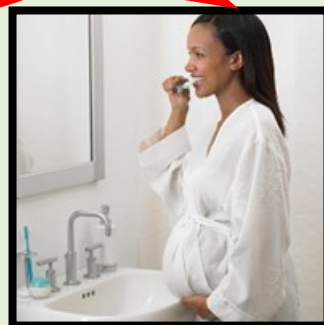


Visit the dentist whilst you are pregnant and for a year after your baby is born.



You are entitled to free checks ups and treatment.

Your gums may bleed, don't worry it can be just part of growing a baby. Keep brushing teeth and gums twice daily with a fluoride toothpaste.



# 4-5 years

## Healthy Eating



I have a small tummy the size of my fist.



I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices



I need to drink plenty of water

## Oral Health



Healthy drinks and snacks will keep my teeth healthy



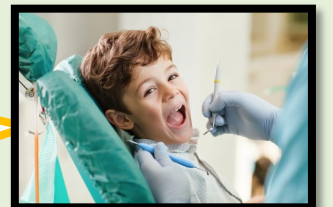
Help me brush my teeth last thing at night and one other time during the day.



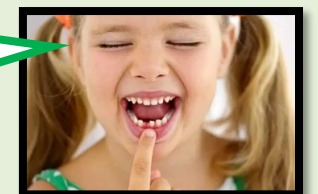
I need a pea sized blob of fluoride toothpaste. I can spit it out but should not rinse my mouth.



Drinking from a cup is better for my teeth.



I need regular check ups at the dentist



My new teeth may start to appear. They need to last forever.



# 3-4 years

## Healthy Eating



I have a small tummy the size of my fist.



I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices



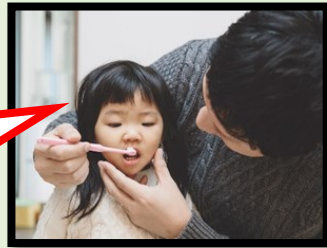
I need to drink plenty of water

## Oral Health

Healthy drinks and snacks will keep my teeth healthy



Help me brush my teeth last thing at night and one other time during the day.



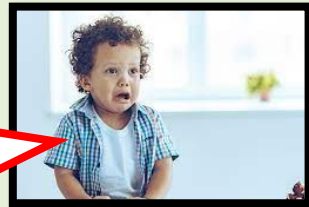
I need a pea sized blob of fluoride toothpaste. I can spit it out but should not rinse my mouth.



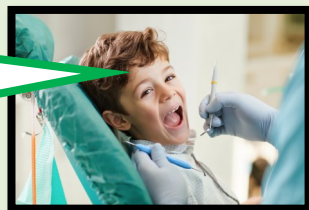
Drinking from a cup is better for my teeth.



I need to talk. Please no dummy



I need regular check ups at the dentist



# 0-1 years

## Healthy Eating



I can drink breast milk or formula milk. Breast is best



At around 6 months I can try solid foods and sips of water from a beaker with my meals .

Drinking water and milk from a cup is better for me.



Take me to the dentist for a check up

## Oral Health



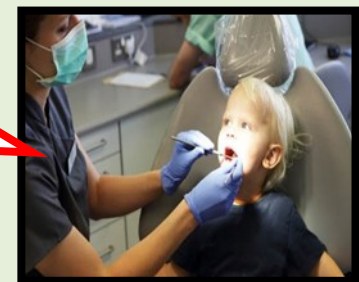
Introduced me to a toothbrush as soon as my teeth start to show



Brush my teeth with a tiny bit of fluoride toothpaste as soon as they come



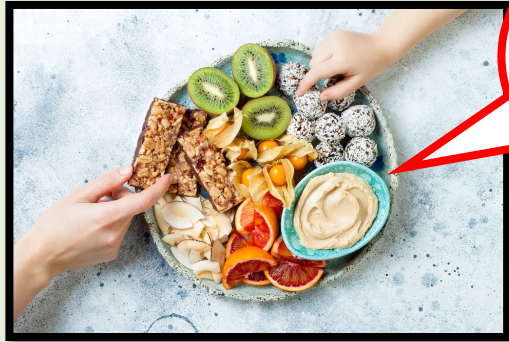
I do not need to drink juice from a bottle.





# 1-2 years

## Healthy Eating



I can have meals and snacks with a variety of taste and textures



I can have regular drinks of water from my cup.



I do not need sweet or salty snacks or treats.

## Oral Health



I need to brush my teeth twice a day.

Please help me



fluoride ✓

I need a tiny bit of fluoride toothpaste to keep my teeth healthy.



I am learning to talk I do not need a dummy.



Drinking from a cup is better for my teeth. I do not need a bottle



I need regular check ups at the dentist

# 2-3 years

## Healthy Eating



I have a small tummy the size of my fist.



I can help make healthy meals and snacks



I can eat healthy snacks between meals if I'm hungry



I need good role models to help me make healthy choices



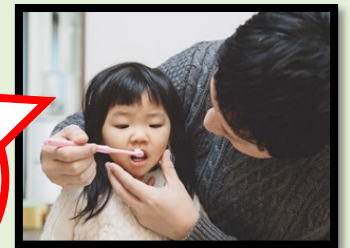
I need to drink plenty of water.

## Oral Health

Healthy drinks and snacks will keep my teeth healthy



Help me brush my teeth last thing at night and one other time during the



I need fluoride toothpaste to keep my teeth healthy.



Drinking from a cup is better for my



I am learning to talk I do not need a dum-



I need regular check ups at the dentist

