

Oral health

Looking after your child's teeth and gums from an early age can help prevent decay and build healthy habits for life.

Who is this page for?

This page is for parents and carers looking for information about caring for their child's teeth and oral health.

Looking after your child's teeth

Good oral health habits from an early age can help protect your child's teeth and prevent tooth decay.

This includes looking after their teeth and gums, making healthy food and drink choices and having regular dental care.

Find oral health information



Birth to five

This book provides information on caring for children up to five years old and contact details for useful organisations. It is available to new parents resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors).



Teeth matter! Caring for your children's teeth: advice for parents and carers of children with special needs

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Useful resources

- [Oral health | nidirect](#)
- [Seeing a dentist | nidirect](#)

HSC professionals

- [Northern Ireland Children's Oral Health Improvement Plan, Department of Health](#)