



Shephall Dental
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Dental Care for Children

Why Regular Dental Visits Are Important

Dental care is vital for maintaining healthy teeth and gums, especially in children. Starting early helps prevent dental issues like cavities and gum disease while encouraging good oral hygiene habits for life.

What NHS Dental Care Covers for Children

Children under the age of 18 are entitled to free NHS dental treatment. This includes:

- Routine dental check-ups.
- Fillings, extractions, and other necessary treatments.
- Advice on diet and toothbrushing techniques.

Top Tips for Healthy Teeth

1. **Brush Twice a Day:** Use a fluoride toothpaste. For children under 6, ensure they use only a peasized amount.
2. **Reduce Sugar Intake:** Limit sugary snacks and drinks, especially between meals.
3. **Regular Check-Ups:** Visit the dentist every 6 months or as recommended.

How to book Your Child with an NHS Dentist

- Contact a local NHS dental practice and ask if they are accepting new patients. We are currently accepting UNDER 18s on the NHS please call us on: 01438351556 to arrange.
- Mention that you're registering a child for NHS dental care.
- Book a first appointment and bring any relevant medical details or complete forms as requested.

Contact Us for More Information

Here at Shephall Dental we are currently accepting patients:

- Under 18s on the NHS or privately
- Adults £50 for an examination or appointment including x-rays

If you have questions or would like to book an appointment, feel free to reach out to us.

Telephone: 01438 351556 Email: shephalldental.surgery@nhs.net

We're here to support your family's dental health journey!