

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

Tooth brushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged 3 to 6 years:

Brush at least twice daily for about 2 minutes with fluoride toothpaste.

Brush last thing at night before bed and at least on 1 other occasion.

Brushing should be supervised by a parent or carer.

Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.

Use only a pea-sized amount of toothpaste.

Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



How to help children brush their teeth properly:

Guide your child's hand so they can feel the correct movement.

Use a mirror to help your child see exactly where the brush is cleaning their teeth.

Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.

Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

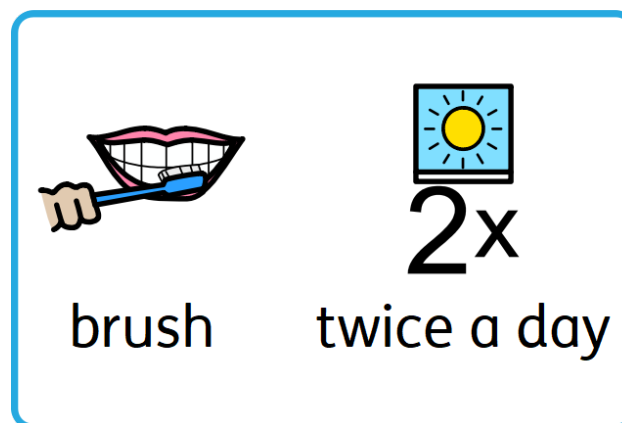
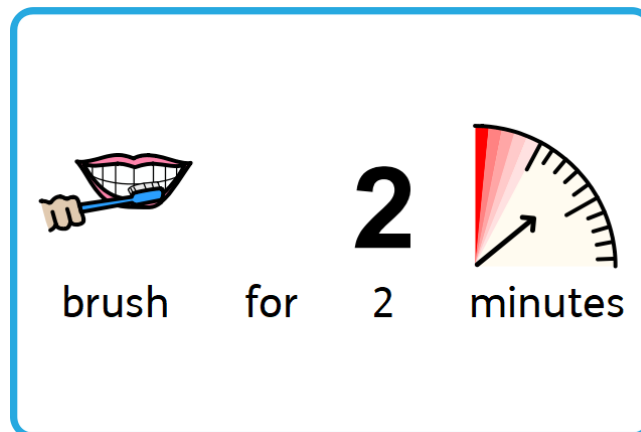
Taking your child to the dentist:

NHS dental care for children is free.

Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practise for the future.

When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

Take your child for regular dental check-ups as advised by the dentist.



Websites for further advice including apps to make tooth brushing fun:

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https://www.aquafresh.com/en-gb/oral-care-information/kids-oral-care-information/kids-brushing-teeth/?gclid=EAIaIQobChMIkMOI-eDW9AIVmOvtCh13pAvfEAAYASAAEgLPBfD_BwE&gclid=aw.ds

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>