

Caring for your child's teeth

This leaflet gives you tips for caring for your child's teeth which is very important for their health and development.



Help your child to brush their teeth and gums twice a day, especially before bedtime, for 2 minutes



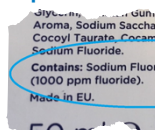
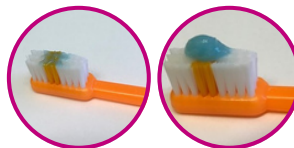
Use a small-headed children's toothbrush and a fluoride toothpaste



Check that there is at least 1000ppm (parts per million) fluoride in the toothpaste



0-3 years use a smear of toothpaste.
3 years + use a pea-sized blob on the toothbrush - no bigger!



Discourage swallowing of toothpaste or the foam



No rinsing out with water after brushing - just spit out the foam and you're done

Is brushing a battle at home?

Here are some tips...



Brush together
Use lots of praise!



Let them do it first, then you



Brush teddy's teeth

Try a song or rhyme

To the tune of row, row, row your boat:
*Brush, brush, brush your teeth
Brush them twice day
Up and down
And round and round
Smile the day away!*



Keep sugary food and drink to mealtimes

Tooth friendly snacks and drinks:



cheese



natural yoghurt



plain rice cakes



crackers



plain popcorn



breadsticks



water milk
(unflavoured)



hummus



fresh fruit

fresh vegetables



Keep these to mealtimes:



sweets, chocolate,
biscuits



honey/syrup



dried fruit



fizzy drinks

smoothies/
milkshakes



juice/
squash

The dentist

Take your child to the dentist before their first birthday and maintain regular check-ups

To search for an NHS dentist visit:

<https://www.nhs.uk/service-search/find-a-dentist>

or scan this code

