Better Health Start for Life

NHS

Top tips for TEETH

Children aged 3+

Help them brush TWICE A DAY to keep decay away

Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

You should use a fluoride toothpaste. Just a **pea-sized** amount of toothpaste containing at least **1,000 parts per million (ppm) fluoride** is enough. You can usually find out how much fluoride is in the toothpaste from the side of the tube or on the packaging.

Open to uncover more top tips for protecting your child's smile

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Brushing TWICE A DAY is just the start...

Encourage them to SPIT, NOT RINSE

Healthy habits start at **home.** Don't rinse with water after brushing as it washes away the **protective** layer of fluoride left over from the toothpaste. As they get older teach them to **spit** instead.

SKIP THE SUGAR they're sweet enough!

Too much food and drink containing **sugar** can harm your child's teeth. This can lead to **tooth decay**. To help protect their smile:

- **Avoid** adding sugar to meals
- **Swap** snacks and drinks containing sugar for healthier options like fruit, veg and water
- Choose **sugar-free** medicines where possible

At night, SNACKING STOPS when the brushing starts

Brushing **before** bedtime is important. **Don't** offer food or drink after brushing teeth at night to protect their smile.

PROTECT THEIR SMILE with regular visits to the dentist

Take your child to the dentist as **often as your dentist recommends.** Under 18's, or under 19's in full-time education, are entitled to **FREE** NHS dental treatment in England.

Search **Start for Life** for more tips and advice for taking care of your little one's teeth.

Turnover to get the most fun out of toothbrushing time

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My TOOTHBRUSHING chart

This chart belongs to _____ Age _____

Brush your teeth **twice a day for at least 2 minutes** (once before bed and once at any other time that fits in with your family routine).

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

Tick or colour each time you brush you teeth.

Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.

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