

Happy smiles

- 1 Register your child with a dentist and visit regularly to ensure teeth and gums are healthy.
- 2 Brush teeth for two minutes last thing at night and on one other occasion during the day – supervise brushing until at least seven years of age.
- 3 Keep all sugary foods and drinks to mealtimes only.

Brushing teeth

- ✓ Children over three should use a small pea-sized blob of toothpaste. Choose a brush with a small, soft head and change it every three months.
- ✓ Brush teeth with fluoride toothpaste (1,350–1,500 parts per million) see toothpaste tube for information.
- ✓ Don't rinse out after brushing – as the fluoride toothpaste left behind helps protect the teeth.
- ✗ Dummies are not recommended for children over 6–9 months old.



For more information visit www.child-smile.org.uk or www.nhs.uk