



- ✓ Children should brush their teeth as soon as they come through.
- ✓ Brush teeth at least twice a day for at least two minutes with fluoride toothpaste.
- ✓ Always use a dry brush. Never wet your toothbrush before brushing.
- ✓ Replace the toothbrush every three months or when the bristles start to splay out.
- ✓ Spit out excess toothpaste and no rinsing with water or mouthwash after brushing. No rinsing helps the fluoride toothpaste strengthen the teeth.
- ✓ Children should be assisted with tooth brushing, until about seven years of age.
- ✓ More information can be found at www.child-smile.org



- ✚ Remember it doesn't matter what brand, make or price the toothpaste is, just as long as the fluoride level is a minimum 1000ppm or over. (ppm stands for parts per million)
- ✚ Tooth brushing should be fun you can use 2 minute timers, YouTube songs or clips and toothbrushing diaries.
- ✚ Manual toothbrushes and electric toothbrushes are as good as each other. It's not important what you use, as long as you are brushing effectively.



2 minute timer



Buzzin and brushing YouTube



Toothbrushing diary



**UNDER 3 YEARS
= SMEAR**



**OVER 3 YEARS
= PEA-SIZED**

Toothpaste amounts

Activity Time

Activity 1

Have a look in your bathroom to see what toothpaste you have, look on the back at the ingredients list, in amongst all the words, there will be a number followed by the letters ppm e.g. 250ppm, 500ppm, 1000ppm, 1450ppm.

1. What type of toothpaste do you have? _____
2. What level of Fluoride is in your toothpaste? _____ppm
3. Colour in the thumbs up if your toothpaste is over 1000ppm.
4. If it does not, don't worry you can have a look in your local shops and check for one that has 1000ppm or over. Once you've done that colour in the thumbs up.



Activity 2

Circle which two amounts of toothpaste are correct

