

## Oral Hygiene

Use a smear of toothpaste containing **1350—1500ppm (parts per million)** fluoride for all ages. Use a smear for 0 - 3 years and a small pea size amount of toothpaste for older children.

Toothbrushes should have small heads with soft to medium bristles. These must be changed at least every 3 months, or sooner if the bristles are splayed.

Teeth should be brushed for **2 minutes** at least twice every day - in the morning and last thing at night. Supervise brushing until your child is at least 7 years of age.

**Spit Out, but Don't Rinse Your Mouth with Water After Brushing!**

## Healthy Snacks

Toothbrushing alone will not prevent dental decay. It is important to monitor the consumption of sugars, both in foods and drinks. Foods and drinks containing sugars should be kept to a minimum and are best at meal times only.

Choose snacks that are low in fat, salt and sugar like pieces of fresh fruit and vegetables, beans on toast, savoury sandwiches, plain, low fat fromage frais or natural yoghurt flavoured with fresh fruit, etc.

Plain milk and plain water are the only safe drink options for children between meals.

This leaflet was produced by, and further copies are available from the Oral Health Promotion team at:

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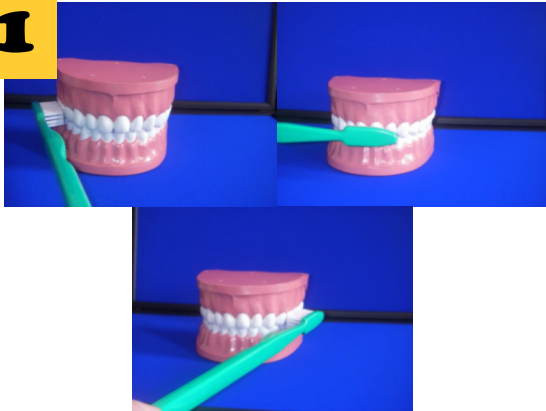
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**Brilliant**  
**Brushing!**



**This leaflet has been produced to provide guidance for families to assist with toothbrushing at home.**

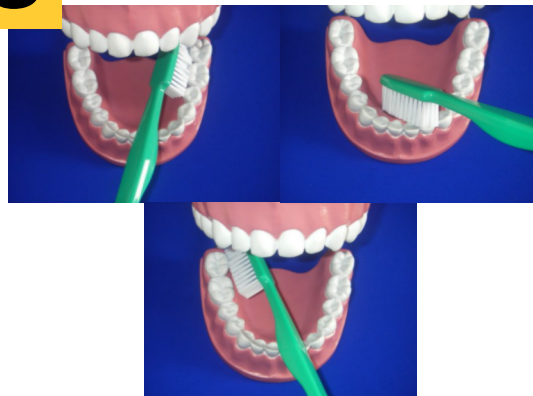
**1**

Start by brushing the outer surfaces first. Starting at the back on one side and moving around to the back on the opposite side. (Older children should brush upper and lower teeth separately and can use a circular motion). Ensure that gum lines are also brushed.

**2**

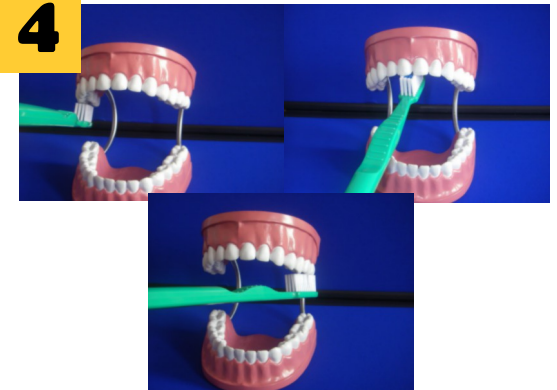
...Open wide and brush the biting surfaces of your lower teeth, working your way from one side across to the other, by gently scrubbing back and forth...

**Top Tip:**  
always finish brushing one section before moving round to the next. This ensures that no teeth are missed out!

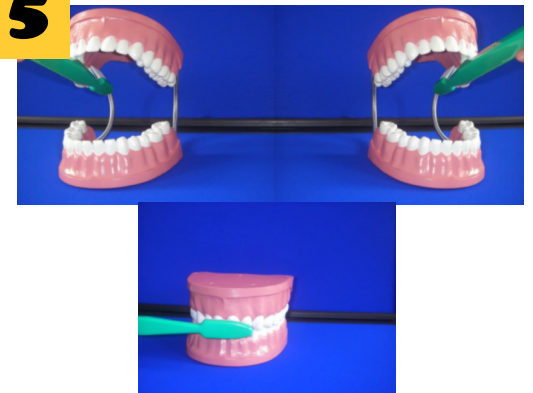
**3**

Next, brush the inside surfaces of your bottom teeth by gently rolling the brush from the gums up towards the tips of the teeth...

**Remember!**  
**Spit, But Don't Rinse**  
**after Brushing!**  
**This will give your teeth**  
**the best protection!**

**4**

Starting at the back and working around to the opposite side, brush the biting surfaces of your upper teeth by scrubbing back and forth gently...

**5**

Move on to brush the inside surfaces of the upper teeth, rolling the brush towards the tips of the teeth. Finish off by biting together and giving the outer surfaces a "final polish"