

Looking After Our Teeth

Teeth

Brush

Brushing

Teeth

The Children in green room are brushing their teeth. A regular teeth-cleaning routine is essential for good dental health.

Children aged up to 3 years

Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.