

EFFECTIVE TOOTHBRUSHING – FROM BABY TO TEENAGER

- Brush at least twice daily for 2 minutes with a fluoride toothpaste. Brush last thing at night and one other time
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.
- Make tooth brushing fun by using an egg timer or app to time it for 2 minutes. Try the [Brush DJ timer app](#)
- Visit the dentist regularly for professional check-ups.
- All the family can use the same toothpaste with fluoride containing 1,350ppm (see label)



Babies

Use a **smear** of fluoride toothpaste

Children age 3-7

Children 7 & over

Teenagers

Use a **pea sized** amount of fluoride toothpaste

Start brushing as soon as the first milk tooth breaks

Don't worry if you don't manage to brush much at first. Getting your baby used to having their teeth brushed as part of a daily routine is the important thing

Brushing should be supervised by a parent or carer

Guide your child's hand so they can feel the correct movement.

Use a mirror to help your child see exactly where the brush is cleaning their teeth

Children aged 7 and over may be able to brush their own teeth

It's still a good idea to watch them to make sure they brush properly and for 2 minutes

An **orthodontic evaluation** can determine if braces are needed

Mouth guards can protect teeth if playing sports

Smoking should be avoided – it can stain teeth and gums, stain the tartar build-up on teeth and contribute to bad breath



And remember: NUTRITION plays a key role in your dental health. The sugars and starches in many snack foods and drinks support the formation of plaque, which destroys tooth enamel.