



Family Learning - Early Years

Tips for Good Oral Health



Tooth brushing

Tooth brushing should take place at least twice a day with a fluoride toothpaste, in the morning and last thing at night.

Supervise tooth brushing. Brush your child's teeth or help your child to brush their teeth until they are at least 7 years old, to make sure teeth are cleaned properly.

Use a timer for about 2 minutes. You could also listen to music for about 2 minutes.

Try playing your child's favourite song.

Encourage your child to spit out toothpaste after brushing. Do not let your child rinse out with water as this washes away fluoride and reduces how well it works - spit don't rinse.

Children aged under 3 should use just a smear of toothpaste.

Children aged 3 to 6 years of age should use a pea-sized amount of toothpaste.

**Brush teeth
twice a day**



**Use a fluoride
toothpaste**



**After brushing,
spit don't rinse**



Dentist

NHS dental care for children is free.

Take your child for regular dental check-ups as advised by your dentist. Be positive about visiting the dentist and try to make the trip fun. This will stop your child worrying about future visits.

You can use the NHS website to find your nearest dentist:

<https://www.nhs.uk/service-search/find-a-dentist>

Healthy Eating

Sugary foods and drinks cause the bacteria in dental plaque to produce acid that attacks teeth. 'Acid attacks' can lead to tooth decay.

Reduce the amount and frequency of having foods and drinks that contain sugar.

Ensure your child drinks water instead of sugary drinks.

Ask for sugar-free medicines where possible.