

## Toothbrushing Advice

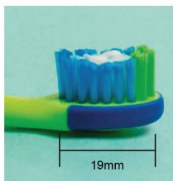
Brush your child's teeth in the morning and **last thing before bed**, every day!

**Children need help to brush** until they are at least 7 years old

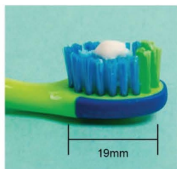


**Fluoride toothpaste** helps to keep teeth strong. Children can use a fluoride toothpaste up to 1450ppmF

There's **no need to wet the toothbrush with water** first



For children under 3, use only a thin smear of toothpaste



For children over 3, use a pea-sized amount



Brush for **2 minutes**- a timer or playing a song can help

After brushing, spit out the paste but **don't rinse your mouth, just rinse your brush!**



For more advice, visit our website:  
[www.designedtosmile.org](http://www.designedtosmile.org)