Brush together, smile forever

Advice on using family fluoride toothpaste to strengthen your child's teeth
Get into the toothbrushing habit

When should I start brushing?
Start brushing your baby’s teeth as soon as they come through.

My baby doesn’t like it when I brush her teeth, what can I do?
Don’t stop trying; it may help to make a game of it. Let your baby watch you or other family members brushing.

When should I brush?
Get into the habit of brushing twice a day. Always at bed time and at one other time in the day. It’s important to have a routine for your child.

What sort of toothbrush should I use to clean my child’s teeth?
For a baby choose a small soft toothbrush. At around two years old they can change to a small headed medium texture toothbrush.

When can they brush on their own?
Brush for your child when they are small. As they get older they may want to do it themselves but will need your help until they are at least seven years old. Always check they have cleaned their teeth properly.
Choosing the right fluoride toothpaste

Should I use a fluoride toothpaste for my child?
Yes, fluoride helps to strengthen the teeth, start to use it as least a 1000 parts per million fluoride (ppmF), check the lab 1500 ppmF are the most effective at helping prevent dental fluoride toothpaste that contain between 1350 to 1500 ppm.

If your child takes fluoride tablets or your water contains flu (Midlands), then check with your dentist which sort of toothp

Is a children’s toothpaste okay?
No, don’t use a children’s toothpaste, many do not give full

But what if my child doesn’t like the taste of family
It is very important that they use a fluoride toothpaste contain the new toothpaste for a few days to get them used to the together and gradually increase the family toothpaste.

How much toothpaste should I put on the brush?
For a child under the age of three years only use a smear of family fluoride toothpaste (see picture).

My child likes to eat toothpaste, is that okay?
No, eating fluoride toothpaste is not good for them. Don't

Does it matter if my child falls asleep without brush
Yes, the most effective time to brush is before your child go asleep. Get them into a bedtime routine, which includes to
soon as teeth appear. Choose a toothpaste that contains at least 1000 ppmF. Family fluoride toothpastes that contain between 1350 to 1500 ppmF are recommended. By three years of age all children should be using a toothpaste containing fluoride (this mainly applies to Newcastle-upon-Tyne or the West Midlands area). Once toothpaste is best for your child.

Fluoride protection:

**Why fluoride toothpaste?**

Fluoride is added to toothpaste as it reduces the risk of tooth decay. Toothpaste containing between 1350 to 1500 ppmF is recommended. Try using a smear of toothpaste on your child's toothbrush. If you are still struggling to get your child to use toothpaste, try using a smear of the two together.

For children three years and older use no more than a pea size amount (see picture).

Don't let your child eat or lick toothpaste.

**Brushing their teeth?**

It is important to brush your child's teeth twice a day, including before bedtime, as the fluoride continues to work when they are asleep. Brushing twice a day is the key to good oral health.
Let the fluoride toothpaste do its job!

Should my child rinse with water after brushing? No, don't let your child rinse with water after brushing, just encourage them to spit. Leaving fluoride in their mouth helps protect teeth from tooth decay.

What about using a mouthwash? You get more benefit from the fluoride in toothpaste than a mouthwash. If you choose to use a mouthwash, use it at a different time to brushing.

My child isn't old enough to spit? Don't worry, as long as they use the right amount of fluoride toothpaste, it is safe for them to swallow. Teach them to spit out the excess toothpaste, as they get older.

Should I rinse out? Adults can benefit from leaving fluoride on their teeth. Try getting everyone into the habit of spitting but not rinsing with water or mouthwash after brushing.
Protect your child’s smile

- Get into a good toothbrushing habit as soon as baby’s teeth come through
- Use a family fluoride toothpaste
- Don’t use a children’s toothpaste
- Choose a small headed toothbrush
- Brush at bed time and at one other time, such as in the morning
- Help your child to brush until they are seven years old
- Spit out but don’t rinse with water or mouthwash after brushing