



Children & Families

Oral health promotion

# Top tips for terrific teeth

## Top tips

- ✓ Brush teeth twice a day for two minutes using the right fluoride toothpaste.
- ✓ Brush last thing at night just before bed and at one other time of the day.
- ✓ Brush all surfaces of your teeth.
- ✓ Spit out the toothpaste and avoid rinsing with water so that some fluoride from the paste is left on your teeth and will make them stronger.
- ✓ Cut down on how often you have sugary foods and drinks.
- ✓ Choose snacks and drinks which are kinder to teeth such as:
  - cheese
  - crackers or breadsticks
  - fresh fruit and vegetables
  - water
  - milk
- ✓ Visit the dentist regularly (every six months or as often as recommended). To find your local dentist call **0300 311 22 33** or visit [www.nhs.uk](http://www.nhs.uk).
- ✗ Do not put a child to bed with milk or juice as this can lead to serious tooth decay. Choose water.



## Using the right amount of toothpaste



Children aged 0 to 3 should use a smear of toothpaste

Children aged 3 to 6 should use a pea-sized amount



## How much fluoride?

**Children aged 0 to 3** should use toothpaste containing no less than 1000ppm of fluoride.

**Children aged 3 to 6** should use toothpaste containing more than 1000ppm of fluoride.

**Children aged 6** and over and adults should use family fluoride paste containing 1350-1500ppm of fluoride.

**Children aged 0 to 6** at risk of tooth decay may need to use family fluoride paste.

## Choosing the right toothbrush

- Use a toothbrush with medium bristles and a small head.
- Get a new toothbrush every three months.

## Tips for encouraging children to brush

- Children need help with brushing until they are at least seven years old.
- Get a fun toothbrush that your child looks forward to using.
- Try a reward system such as a tooth brushing chart.
- Be a good role model – show your child that you brush your teeth.
- Use an app, sing or play music to make the two minutes fly by.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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