



# Toothbrushing for Children



**Brush your teeth twice a day,  
before bed and at one other time**



**Spit don't rinse**



**Babies and Toddlers  
(under 3 years)**



**Children  
aged 3-6 years**

**Use a toothbrush  
with a small head  
and soft bristles**



**Use a toothbrush  
with a small head  
and soft bristles**



**Use a toothpaste  
containing at  
least 1000 ppm of  
fluoride**



**Use a toothpaste  
containing more  
than 1000 ppm of  
fluoride**



**Use a smear of  
toothpaste**



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



**Brush your baby's  
teeth as soon as  
the milk tooth  
appears**



**Brush teeth for 2  
minutes  
Use an egg timer,  
song or app  
[www.brushdj.com](http://www.brushdj.com)**

