

Bright smiles  
are healthy  
smiles



You can start taking steps to ensure your child's lifelong healthy smile from birth. This helps set the child on the path to lifelong good oral health.

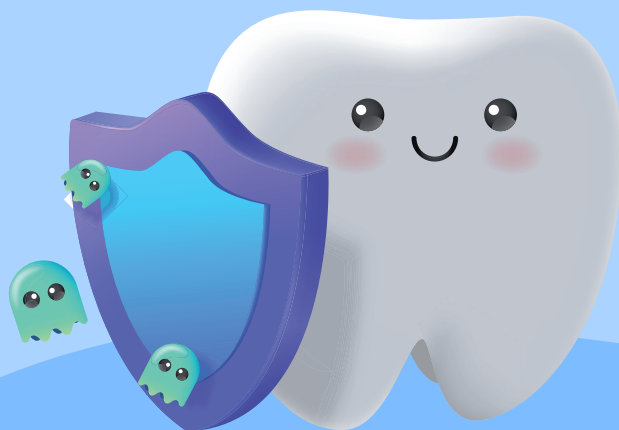


## How to brush...

- Brush twice a day for two minutes – last thing at night and one other time in the day.
- Use a soft toothbrush and use a toothpaste that contains at least 1,000 ppm fluoride concentration.
- Use a smear of toothpaste for age 0-3 years. Pea sized amount from age three onwards.
- Brush all surfaces of the teeth.
- Spit out the toothpaste – don't rinse. For babies, wipe away excess toothpaste from face and lips.
- Children should be encouraged to learn to brush their teeth on their own. However, they should be supervised until at least the age of seven.
- During brushing, stand or sit behind the child, keeping the head supported. Small children can be cradled in arms during toothbrushing.
- Toothbrushing with children can be challenging, don't give up.

*A little toothbrushing  
with fluoride toothpaste is  
better than none*



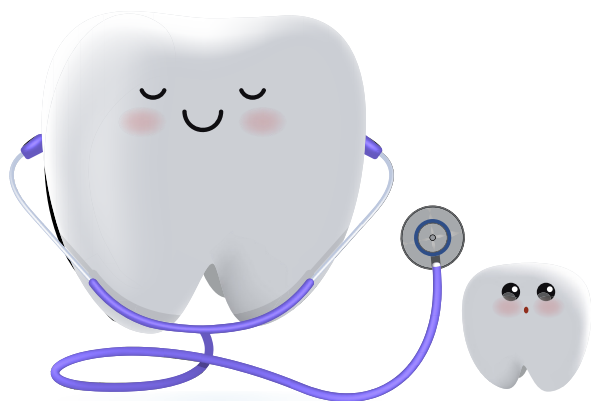


## Healthy eating

When bacteria in your mouth mixes with sugary or starchy foods, they make acid that harms your teeth, causing tiny holes called cavities.

Brushing often and eating less sugary snacks helps stop this.

Limit the number of times your child eats snacks throughout the day aim, for no more than two healthy snacks between meals.



## Visiting the dentist

You should start your child visiting the dentist when their first tooth appears or by age one, as the dentist helps to keep your child's teeth healthy for life. Do not wait for problems or pain; it's better to prevent them.

### Remember

You do not have to pay for NHS dental services if you are under 18, or under 19 and in full-time education, pregnant or have had a baby in the last 12 months.

If you do not have a dentist you can visit **[www.nhs.uk/service-search/find-a-dentist](http://www.nhs.uk/service-search/find-a-dentist)** and look for a dentist in your area who is accepting NHS patients.

If you have an emergency and you cannot get to see your dentist, you can call 111.

