

# How to brush your teeth



- 1 Brush twice a day  
for two minutes



- 2 Use fluoride  
toothpaste



- 3 Brush all surfaces



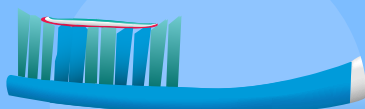
- 4 Spit don't rinse



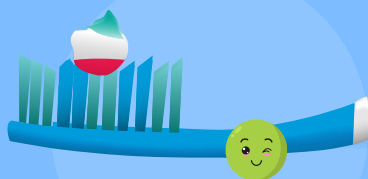
# TIPS FOR PARENTS & CARERS



- 1 Start brushing as soon as the first tooth arrives. Brush with a toothpaste containing at least 1000 ppm fluoride.
- 2 Before bedtime is the most important time to brush
- 3 After brushing, spit out the excess but avoid rinsing
- 4 Small-to-medium sized toothbrushes are recommended
- 5 Assisted brushing is recommended. During brushing, stand or sit behind the child, keeping the head supported. Small children can be cradled in arms during toothbrushing.



Children under three should use a smear of toothpaste.



Those over three years should use a pea-sized blob of toothpaste.



For more resources & information scan the QR code