Dental HealthCare

NHS

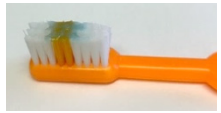
Tips for parents/carers...

Help with brushing at least twice a day, especially before going to bed - don't forget to brush the gum line

Use fluoride toothpaste (containing at least 1,000ppm – see ingredients)

Do not rinse with water after brushing, just spit out

How much toothpaste?



0-3 years old
just a smear

3+ years old
a pea-sized blob

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Well Done... _____

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Tips for brushing young teeth

Spark their interest...

Pretend to brush teddy's or doll's teeth

Make up a story e.g. the toothbrush (the good guy) beating the invading germs (the bad guys)

Face each other and brush at the same time, mirroring how you brush

Brush each other's teeth

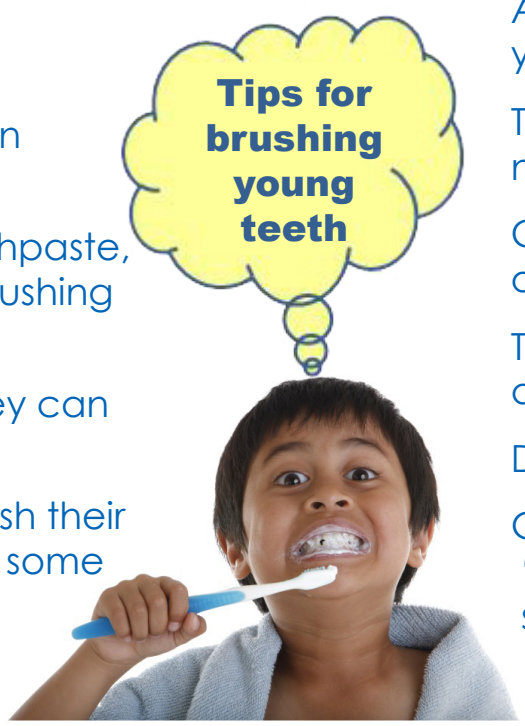
ROAR like a dinosaur or a tiger (an open mouth will help you access their teeth)

Try different products, like a milder toothpaste, a fun toothbrush, a 2 minute timer or brushing in front of a mirror

Have a few different colour brushes they can choose from to suit their mood!

Distraction – watching TV while you brush their teeth? They can spit out into a tissue or some kitchen roll

Try apps, YouTube videos or songs to make brushing fun and engaging



Be positive...

Brush your teeth at the same time together…
"I like it when we brush our teeth together!"

Give an immediate reward: a bedtime story, watch something on TV or play outside

An independent child? Let them brush first, then you follow up

Take a deep breath and be patient if they're not cooperating

Choose your timings well i.e. avoid overtiredness and stressful times of the day

Try to leave at least 30 minutes after eating or drinking

Develop a routine each time

Give praise for any compliance or achievement… "Well done!" "Great brushing!" "Your teeth are so clean!"

Build on each achievement by reminding them how well they did before

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