

My brushing chart

Tips for parents/carers...

Help with brushing for two minutes 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

	Week 1	Week 2	Week 3	Week 4
Monday				
				
Tuesday				
				
Wednesday				
				
Thursday				
				
Friday				
				
Saturday				
				
Sunday				
				

You'll find contact details for our Oral Health Teams in Bedfordshire, Cambridgeshire, Peterborough and Suffolk at www.dentalhealthcareeoe.nhs.uk/services/oral-health-improvement/