



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... _____