

# HOW TO BRUSH YOUR CHILD'S TEETH



- Brush all the surfaces of the teeth and gum line in small circles for about 2 minutes, just before bed and another time that fits with your day.
- Children under 3 should use a smear of toothpaste containing no less than 1000ppm\* fluoride.
- Children aged 3 and over should use a pea-sized amount of toothpaste containing more than 1350ppm\* fluoride.
- Most 'own brand' supermarket toothpastes are suitable and more affordable.
- Encourage your child to spit out the toothpaste Do not rinse with water. Rinsing washes away fluoride so it can't do its job.
- Sit your child on your knee or stand behind them and cradle their head whilst brushing.
- Allow babies to play with a toothbrush from an early age, they will get used to the feel of it in their mouth.
- Children with SEND may need opportunities to play and explore with a toothbrush to encourage them to use it as described, allow the child to touch their face with it, use different tasting toothpaste to try and find one your children likes. Non foaming and flavourless toothpastes are available which are sometimes better suited to children with sensory issues.



\*every tube of toothpaste says how much fluoride it has in it

FOR MORE INFORMATION GO TO:  
[www.wakefieldcouncil.com/oral-health-for-children](http://www.wakefieldcouncil.com/oral-health-for-children)

