

HOW TO BRUSH YOUR CHILD'S TEETH



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- 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.



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

- 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 like.



USEFUL INFORMATION

Tooth decay is caused when bacteria in the mouth feeds on sugars from foods and drinks. This creates acid, which causes damaging holes in the teeth.

Bad oral health can cause problems with your child's health such as eating, sleeping, communication and poor self-esteem. Bad oral health can be linked to a series of illnesses such as heart disease, diabetes, and respiratory diseases.

Start creating toothbrushing habits with your child early so these habits will continue throughout their life.

Taking care of your baby's oral health should start when the first tooth starts to grow.

Make tooth brushing fun. Sing a song while brushing your child's teeth, count or sing the alphabet. You can also tell a story, say a nursery rhyme, or make animal sounds while brushing.



FOR MORE INFORMATION GO TO:
www.wakefieldcouncil.com/oral-health-for-children

or use this QR code.