

Top Tips...

for looking after your children's teeth

brush twice a day and replace your brush regularly

- Your child's teeth start to appear anytime from 6 months onwards. As soon as they appear it's important to start brushing teeth every morning and bedtime.
- Choose a toothbrush with a small head and soft bristles. Use just a smear, if under two years, or a pea-sized (two years and over) amount of fluoride toothpaste (1000ppm is recommended). Children's toothpaste is milder in taste but may have a lower level of fluoride.
- Replace toothbrushes every 3 months or as soon as the bristles show signs of wear.



- Your child shouldn't swallow the toothpaste, but should be encouraged to spit it out when finished brushing. Don't rinse with water - let the toothpaste do its job.
- You should brush your children's teeth for them until they are 7 or 8 years old and then supervise them when they do it themselves.
- Ask your dentist, hygienist or health visitor to show you how to brush.

visit your dentist regularly

- The earlier you take your child to the dentist the better. Waiting until your child needs treatment will not be a good first experience.
- You may find it helpful to take your child on a family dental appointment, to sit on your knee. This is only helpful if you do not have a fear of the dentist yourself!
- Many dentists will see children once their first tooth appears. For help to access NHS dental services in Grampian call the



Dental and Information Advice Line (DIAL) on 0845 45 65 990, open 8.15am-5.45pm, Monday-Friday.

- NHS dental services are free for children, either from a family dentist (General Dental Practitioner) or the Community Dental Service.