



Begin brushing early

Good dental health starts at a young age so make cleaning your child's gums and teeth an everyday habit.

When to begin?

- Before teeth arrive, wipe baby's gums after feeds using a damp, clean cloth.
- Baby gets used to this and it becomes easier when the time comes to start toothbrushing.

Under 18 months of age

- When baby has a few teeth, use a small soft toothbrush, **no toothpaste**. Just use water.

18 months to 6 years of age

- Use a pea-sized amount of children's low fluoride toothpaste when brushing your child's teeth.

Over 6 years of age

- Use a small pea-sized amount of adult toothpaste.
- Help or check your child's brushing until they are about 8 years of age.



How do I brush my child's teeth?

Pick a brightly lit area and a comfortable place that helps you to easily see inside your child's mouth. For example, standing or sitting slightly behind and to the side of your child with their head supported and tilted back a little. This way you have more control and your child will feel safe.



Step 1 - Outside

Place the tip of the bristles on the gum line. Gently move the brush in small circles over the teeth and gums.



Step 2 - Inside

Repeat the same brushing method on the inside.



Step 3 - Chewing Surfaces

Use a light backward and forward motion. Remember plaque is soft so there is no need to scrub.



Step 4 - Afterwards

Spit toothpaste out, **don't swallow or rinse** after brushing.

Remember:

Brush 'every bit of every tooth' in the morning and always before bed at night. The fluoride in toothpaste protects and strengthens teeth. It helps prevent tooth decay. Make toothbrushing positive by being a role model and having a fun time together. Check for signs of tooth decay. Seek dental practitioner advice if you have any concerns.

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



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