



CARING FOR CHILDRENS TEETH: AGE 3-6 YEARS

WHAT YOU SHOULD DO AT HOME

TOOTH BRUSHING

- Brush at least twice daily with a fluoride toothpaste
- Brush last thing at night and one other occasion
- Use a pea-sized amount of toothpaste
- The toothpaste should contain between 1350ppm to 1500ppm fluoride - check the tube/box to find out fluoride content
- Supervise or help your child with brushing their teeth
- Spit out the toothpaste but do not rinse after brushing



PEA SIZE AMOUNT

FOOD AND DRINK

- Reduce the amount and frequency of sugary foods and drinks
- Avoid snacking on sugary foods and drinks in between meals
- Natural fruit juice can cause decay and should be limited to mealtimes
- Water and plain cow's milk are the best drinks for healthy teeth
- Use sugar free medicines for your child



WHAT YOUR DENTIST CAN DO

- Your dentist can check your child's teeth to make sure they are healthy
- Your dentist will tell you how often they need to see your child.
- Your dentist can apply fluoride varnish to your child's teeth 2-4 times a year– this will help prevent decay

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