

Top tips for teeth



Children aged 3+



1. Help them brush **twice a day** to keep decay away

Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.



2. **Protect their smile** with regular visits to the dentist

Under 18s are entitled to **FREE** NHS dental treatment in England.



3. Encourage them to **spit, not rinse**

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.



4. **Skip the sugar** they're sweet enough!

Too much food and drink containing sugar can lead to tooth decay. Swap snacks and drinks containing sugar for healthier options like fruit and veg.



5. At night, **snacking stops** when the brushing starts

Protect their smile. **Don't** offer food or drink after brushing teeth at night.



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