

# Top tips for teeth

Children aged 3+



# 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.

You should use a fluoride toothpaste. Just a **pea-sized** amount of toothpaste containing at least **1,000 parts per million (ppm) fluoride** is enough. You can usually find out how much fluoride is in the toothpaste from the side of the tube or on the packaging.



Brushing  
**twice a day**  
is just the start...



Healthy habits start at **home**. Don't rinse with water after brushing as it washes away the **protective** layer of fluoride left over from the toothpaste. As they get older teach them to **spit** instead.

## Encourage them to spit, not rinse



## Skip the sugar they're sweet enough!

Too much food and drink containing **sugar** can harm your child's teeth. This can lead to **tooth decay**. To help protect their smile:

- **Avoid** adding sugar to meals
- **Swap** snacks and drinks containing sugar for healthier options like fruit, veg and water
- Choose **sugar-free** medicines where possible



Brushing **before** bedtime is important. **Don't** offer food or drink after brushing teeth at night to protect their smile.

## At night, snacking stops when the brushing starts



## Protect their smile with regular visits to the dentist

Take your child to the dentist as **often as your dentist recommends**. Under 18's, or under 19's in full-time education, are entitled to **FREE** NHS dental treatment in England.

Search **Best Start in Life teeth** for advice and support or scan the QR code overleaf

Turn over to get the most fun out of toothbrushing time 

# My toothbrushing chart



This chart belongs to  Age

Brush your teeth **twice a day for at least 2 minutes** (once before bed and once at any other time that fits in with your family routine).

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Tick or colour each time you brush your teeth.

## Welcome to Best Start in Life.

Whether you're newly pregnant or navigating your child's early years, the Best Start in Life hub offers clear, NHS-approved guidance every step of the way.

Find trusted advice on pregnancy, feeding and weaning, understanding your baby, early learning, bonding, childcare support and preparing for school.

Reliable, reassuring information for every stage of your journey.

Visit: [www.beststartinlife.gov.uk/](http://www.beststartinlife.gov.uk/)

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