

Toothbrushing



Brush your teeth
twice a day
morning & night

0 - 3 years



Use a smear of fluoride toothpaste

3 years - adult



Use a pea size amount of fluoride
toothpaste.

What do you need?

- ✓ **Toothbrush**
Use a small head with
soft/medium bristles
- ✓ **Toothpaste**
Use a fluoride toothpaste

NHS Helpline: call 111
www.nhs.uk

Toothbrushing is important because...

- 🦷 Prevents the build up of plaque (bacteria and food) on the teeth.
- 🦷 Prevents gum disease.
- 🦷 Prevents bad breath.
- 🦷 Fluoride toothpaste strengthens teeth.

What do you do?

- 🦷 Brush well using small circular movements, remember to clean all tooth surfaces and gums.



- 🦷 Make sure no teeth are missed.
- 🦷 Brush for 2 minutes.
- 🦷 Spit out, do not rinse your mouth with water!
- 🦷 Wash your toothbrush after use and store it in a clean place.
- 🦷 Remember to replace your toothbrush, at least every 3 months or after sickness.

Remember adults should supervise childrens toothbrushing until at least the age of 7.

3 Key Messages

- ✓ Brush teeth twice a day for 2 minutes with a fluoride toothpaste (especially at night).
- ✓ Eat a healthy balanced diet. Reduce sugars to meal times only.
- ✓ Visit the dentist regularly.

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