



6 TOOTHBRUSHING TIPS FOR CHILDREN

Brush twice a day for two minutes



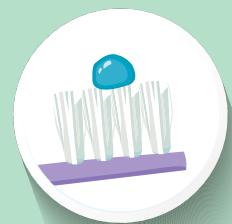
1 CHOOSE THE RIGHT TOOTHBRUSH

- Use a children's toothbrush with a small head and soft bristles.
- Small, soft toothbrushes are gentle on the teeth and gums and they are able to reach all areas of the teeth.



2 USE THE RIGHT AMOUNT AND TYPE OF TOOTHPASTE

- Spread a small (pea-sized) amount of toothpaste on the toothbrush.
- Under 18 months – don't use toothpaste. Wet the toothbrush with water to make brushing more comfortable.
- 18 months to 5 years – use a low-fluoride children's toothpaste.
- 6 years and older – use a regular strength toothpaste that has at least 1000 parts per million fluoride concentration.



3 BRUSHING FOR BABIES AND TODDLERS

- Sit babies and toddlers on your lap.
- Use your free hand to support them to lean back slightly.



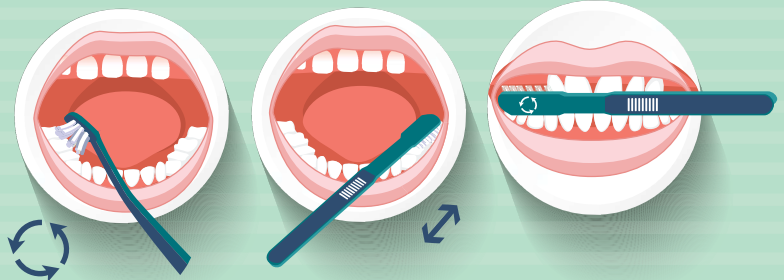
4 BRUSHING FOR CHILDREN

- Children can stand in front of a mirror or basin – position yourself beside them.
- Ask them to lean their head back slightly and open wide.
- Use your free hand to help support their chin.



5 BRUSH IN SMALL CIRCLES

- Move the brush in small circles to clean the teeth and down to the gumline.
- Clean the insides, outsides (closest to the cheeks) and chewing surfaces of the teeth.
- Move the toothbrush back and forwards over the chewing surfaces of the teeth.
- Brush gently for two minutes and make sure you reach the back teeth.



6 SPIT DON'T RINSE

- Have children spit out any remaining toothpaste once brushing is finished.
- Discourage children from swallowing toothpaste.
- Don't rinse with water for 30 minutes after brushing.
- Rinse the toothbrush and leave it somewhere clean to dry.

