6 TOOTHBRUSHING TIPS FOR CHILDREN

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.