Let’s look after our teeth
All about our teeth

We have 20 primary teeth that we need to protect and brush well.

Brushing our teeth

- Brush morning and night
- Use a pea size amount of fluoride paste
- Brush thoroughly in small circles overlapping the gums
- Spit the paste - don’t rinse it away with water or mouthwash

Choose a healthy diet

Eat lots of fruit and vegetables to keep our teeth strong.

Sweets, fizzy drinks and sugary snacks can cause cavities.

Visit the dentist

Dentists check our teeth to see that they are strong.

They use a small mouth mirror to count our teeth.
Advice for parents

Tooth decay is preventable with a healthy diet and daily toothbrushing with fluoride paste. Children need their teeth for growth, speech, wellbeing and self-confidence.

0-3 years Start brushing your child’s teeth as soon as first tooth erupts. Use a smear of paste at least 1000 ppm fluoride. Brush twice daily.

3-6 years Supervise your child’s brushing. Use a pea-size amount of paste at least 1000 ppm fluoride. Brush twice daily. Encourage to spit don’t rinse away paste with water or mouthwash.

• Choose a healthy diet of fruit and vegetables
• Minimise consumption and frequency of sugar-containing foods and drinks
• Encourage water and milk as healthy alternatives
• Children should visit the dentist regularly for check-ups

(Delivering Better Health Care Gov.UK 2021)