

How to Brush Your Child's Teeth

Evidence-based guidance for strong, healthy teeth



Getting Ready - What You Need

The Right Toothpaste:

1450 ppm fluoride toothpaste - most recommended by dentists and widely available in UK

One toothpaste for the whole family - just use different amounts

Check the tube - it should say "1450 ppm fluoride"

The Right Brush:

Small-headed toothbrush with medium-texture bristles

Age-appropriate size - should fit comfortably in their mouth

Replace every 3 months or after illness

Setting Up Success:

Choose consistent times:
last thing at night + one other time daily

Good lighting so you can see all surfaces

Comfortable height for both of you

Set up the My Dental Buddy Timer!

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Apply the Right Amount (1450 ppm toothpaste)

- * **Under 3 years:** Thin smear covering less than $\frac{3}{4}$ of brush
 - * **3-6 years:** Pea-sized amount only
 - * **7+ years:** Pea-sized amount or slightly more
 - * **Never let children eat or lick toothpaste from the tube**
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Systematic Cleaning (NHS Method)

- * **Start from one side and work systematically around**
 - * **Front surfaces:** Gentle circular motions on all front teeth
 - * **Back surfaces:** Angle brush to reach behind each tooth
 - * **Chewing surfaces:** Back and forth on tops of molars
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Complete Coverage

- * **Don't miss any surfaces** - every tooth needs attention
 - * **Reach back molars** - these are most at risk
 - * **Clean systematically** - develop a pattern so nothing is missed
 - * **Take the full 2 minutes** - thorough cleaning takes time
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Finish Properly (Critical for Fluoride Protection)

- * **Spit out excess toothpaste** - don't swallow
- * **Do NOT rinse with water** - this washes away protective fluoride
- * **No mouthwash immediately after** - wait at least 1 hour
- * **Leave fluoride coating on teeth** - this continues protecting