

The Most Important Brush Of the Day

Why Night-time Brushing Protects Your Child's Teeth



Why Night-time is Critical

During Sleep, Your Child's Mouth:

- * **Produces much less saliva** - the natural defence system slows down
- * **Cannot wash away bacteria** that build up during the day
- * **Cannot neutralise acids** that attack tooth enamel
- * **Becomes vulnerable** for 8+ hours with no natural protection

The Result: Any sugar or bacteria left on teeth overnight can cause much more damage than during the day.



Night-time brushing removes the day's buildup before this vulnerable period, giving teeth the best chance to stay healthy.

Perfect Evening Timeline

- * **6:00pm-7:00pm** - Last meal/snack of the day
- * **7:30pm-8:00pm** - Brush teeth thoroughly (after last food)
- * **8:00pm-8:30pm** - Bedtime routine (stories, pyjamas, etc.)
- * **8:30pm+** - Sleep time
- * **Overnight** - Only water if needed

Key Point: Brush after the last meal, not necessarily right before sleep.

Screen-Concerned Parents

I don't want my child using screens at bedtime

Solutions:

Brush after the last meal rather than right before sleep

Use manual timer methods for 2 minutes

MDBuddy app override function to manually log brushing

Focus on the routine - the app is helpful, but brushing is essential.

Remember: Dental professionals recommend brushing "after the last meal," not necessarily at bedtime.

Bedtime Routine Checklist

Print and put in your bathroom as a daily reminder



Before Bed Every Night:



Brush teeth for 2 full minutes

- * Use the MDBuddy app timer or count to 120
- * All surfaces: outside, inside, chewing surfaces
- * Don't rush - quality matters more than speed



Spit out toothpaste, don't rinse

- * Spitting keeps protective fluoride on teeth
- * No water rinse - washes away protection
- * No mouthwash immediately after brushing



Use 1450 ppm fluoride toothpaste

- * A pea-sized amount for children 3-6 years
- * Standard amount for children 7+ years
- * Check the label - look for "1450 ppm" (UK standard)



Use the MDBuddy app timer and log brushing

- * Visual timer ensures full 2 minutes
- * Audio guide helps with technique
- * Logging creates "streaks" for motivation



Adult helps or supervises

- * Children need help until at least age 7
- * Check they're reaching all areas
- * Make it a positive family time



No food or drinks after brushing

- * Only plain water if really needed
- * No milk, juice, or snacks after brushing
- * This includes no sugary medicines unless essential