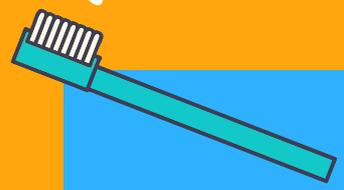




# My Tooth Brushing Chart



	 Morning	 Evening
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Tooth Brushing Top Tips

- Use a tiny smear of toothpaste for babies and toddlers up to 3 years old, and a pea-sized amount for children aged 3 to 6 years.
- Brush your child's teeth for about two minutes twice a day: once just before bedtime and at least one other time during the day.
- Brush the teeth in small circles, covering all the surfaces, and encourage your child to spit the toothpaste out afterwards. There's no need to rinse with water, as this will wash away the fluoride.
- The easiest way to brush a baby's teeth is to sit them on your knee, with their head resting against your chest. With an older child, stand behind them and tilt their head backwards.
- Not all children like having their teeth brushed, so you may have to keep trying. Make it into a game, use the above stick chart and brush your own teeth at the same time and then help your child finish their own.
- Supervise brushing to make sure your child gets the right amount of toothpaste and they're not eating or licking toothpaste from the tube.
- Carry on helping your child brush their teeth until you're sure they can do it well enough themselves. This will normally be until they're at least 7.
- The good news is NHS dental care for children is free. Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can help prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practise for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular dental check-ups as advised by the dentist.
- Visit [NHS Choices](#) for more information on brushing your child's teeth.