

How to care for our teeth

- Start brushing my teeth twice a day, from when my first tooth appears.

- Arrange my first dental visit by my 1st birthday.



- Start using an open top cup with me from the age of six months



- Use a smear of toothpaste, containing no less than 1000ppm fluoride



- Help me to brush my teeth twice a day, especially at bedtime

- Make sure I do not rinse my mouth with water after brushing my teeth

- Take me to the dentist for regular check ups



- If I can spit out whilst brushing, use a pea size blob of toothpaste, containing more than 1000ppm fluoride

Learn more about free dental care

