

10 Top tips for teeth



Brushing

1. Brush before bed time and one other time during the day
2. Use a fluoride toothpaste containing at least 1000 ppm (parts per million)
3. Just a smear on the brush for under 3s
4. Pea sized amount for over 3s
5. Spit – don't rinse when finished
6. Supervise under 8s when brushing



7. Children should be taken to the dentist as soon as possible and continue regular visits

Snacking

8. Avoid sugary and acidic food / drinks between meals
9. Milk is a tooth friendly drink during the day, water is tooth friendly at any time
10. From 6 months onwards encourage the use of open top cups

For more information, visit www.communitydentalservices.co.uk or phone 01234 310354
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