



## Toothbrushing guide

It's really important that you supervise or help your child brush their teeth until they're at least seven years old and are able to do it properly. They should brush their teeth after breakfast and just before bed for two minutes.

Plaque bacteria is not easy to see, it tends to lurk in places that are awkward to reach so it's best to stick to the same pattern of brushing, that way you can make sure all their teeth are brushed properly and they haven't missed any bits.

Start at the back of the lower jaw and brush the outer surfaces by placing the Toothbrush at an angle where the tooth and the gum meet.

Partly on the neck of the tooth and partly on the gum margin, it's vital you don't rush or brush too hard. Instead brush with a gentle circulation action cleaning only two or three teeth at a time.

Repeat this action with the outer surfaces of the upper jaw and then the inner surfaces of both the lower and upper jaws. After that brush the biting surfaces with short backwards and forwards movements like this.

Finish off by brushing behind the front teeth. If you're still unsure how to do it Properly next time you visit the dentist you can ask them to show you how to brush your child's teeth.

The dentist says you have to brush your teeth every morning every day and every night.

When I go to the dentist, the dentist said my teeth were very clean.

It's easier to use a toothbrush with a small head, that way you can get to more difficult to reach places. It should also have medium tufts like this one to avoid gum damage. Remember to replace toothbrushes every three months or before the bristles become splayed.

I just put a wee bit of toothpaste on, and I just do that, and make my teeth nice and sparkly.

You should also use toothpaste that has around 1000 parts per million fluoride. This is what you should look for on the label.

CONTAINS: Sodium fluoride 0.22% (1000 ppm F).

If your child is under two just use a smear of toothpaste if they're older use a pea sized amount. So the fluoride has a chance to work get them to spit, don't rinse.