### Children's Oral Health

# Caring for your child's oral health



#### **Babies**

- Use a damp washcloth and clean your baby's gums by gently rubbing them.
- As teeth appear introduce a soft, child-size toothbrush.
- Do not use toothpaste.
- Visit a dentist when the first teeth appear or by 12 months.



#### **Toddlers**

- Brush with a soft child-size toothbrush
- Use child-strength fluoride toothpaste from 18 months of age.
- Parents should brush and floss their child's teeth.
- Brush twice daily.
- Floss teeth that touch together.

### Children (under six years)

- Parents should continue to brush their child's teeth, twice daily.
- Floss teeth that touch together.
- Use child-strength fluoride toothpaste, unless your dentist recommends otherwise.



#### Children (over six years)

- Assist your child with brushing and flossing their teeth twice daily until 8-9 years of age.
- Use adult-strength fluoride toothpaste.

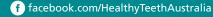


## **Tips & Tricks**

- 1) Spit out excess toothpaste, do not rinse out the mouth with water.
- 2) Don't use too much toothpaste. A small 'pea sized' amount is all you need.
- 3) Make brushing fun! Play a song or use an appropriate smartphone app as a reminder to brush for the recommended two minutes.
- 4) Use positive reinforcement when visiting the dentist. Praise your child on their listening skills and ability to follow instructions.
- 5) A reference to indicate your child can begin brushing solo is whether they have their 'pen licence' for writing with a pen at school.



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