

## Dental Hygiene for children

### Toothbrushing tips

Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).

Parents or carers should brush the teeth.

Brush teeth twice daily for about 2 minutes with fluoride toothpaste.

Use only a pea sized amount of toothpaste



### Preventing dental decay

As well as brushing your children's teeth twice a day, it is also important to prevent dental decay caused by food and drink.

Children should not be snacking on sweet treats or drinking fizzy drinks between meals as these can coat the teeth and cause decay.

### Toothbrushing songs

These songs may help encourage your child to brush their teeth for 2 minutes

<https://www.bbc.co.uk/teach/school-radio/primary-school-songs-brush-your-teeth/zm7r382>

<https://www.youtube.com/watch?v=u3vdGjj89k8>

