



Oral Health Improvement 0-19 Integrated Service

Oral health care for children

Tooth brushing

Teeth should be brushed as soon as they appear in the mouth. Forming this good habit from an early age is important for your child.

Choose a toothbrush with a small head with soft/medium textured bristles. Manual or electric toothbrushes can be used.

For children under three years of age, use a smear of ordinary family fluoride toothpaste.
0-3 years



For children over three years of age, use a pea-sized blob.
3+ years



To help protect teeth from tooth decay, children under three years of age should use toothpaste containing no less than 1000 parts per million (ppm) fluoride.

Children over three years of age should use toothpaste containing 1350 – 1500 ppm fluoride.

Children need help with tooth brushing up to the age of seven or eight years, as they often miss their back teeth.

Encourage your child to spit out the toothpaste after brushing and not to rinse their mouth. This will keep the fluoride on their teeth and protect them for longer.

