

## CDS's Top Tips

- 🦷 Brush twice per day for two minutes, last thing before bed and at one other time in the day.
- 🦷 Use a toothpaste with the recommended amount on fluoride. Spit don't rinse! (see toothpaste section for recommendations)
- 🦷 Use a smear of toothpaste for under three years old and a pea sized amount for anyone over the age of three who can spit out reliably.
- 🦷 Replace your toothbrush every 3 months or when the bristles have splayed, or following any illness.
- 🦷 Use positive reinforcement to encourage good behaviour.
- 🦷 Supervise toothbrushing until the age of 7.
- 🦷 Avoid sugary foods or drinks between meals.
- 🦷 Avoid excessive amounts of acidic foods or drinks.
- 🦷 Take children for their first dental visit when they get their first tooth or before their first birthday and maintain regular check-ups as often as the dentist recommends.

Improving Oral Health in  
Evermore Communities



### Contact us

If you would like to speak to someone about any aspect of our dental service please contact:

Oral Health Improvement Team,  
Community Dental Services CIC,  
Colworth House, Colworth Park  
Sharnbrook, Bedfordshire MK44 1LZ

Email: [oralhealthimprovement@cds-cic.co.uk](mailto:oralhealthimprovement@cds-cic.co.uk)  
[www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)



April 2021. Not to be reproduced in part or full without the permission of Community Dental Services

Community  
Dental  
Services

# Tips For Brushing Your Child's Teeth



A social enterprise

Providing NHS Dentistry



(©)Community Dental Services CIC, 2023

## Toothbrush

Use a small headed, soft bristled, toothbrush. Replace the toothbrush every three months or before if the bristles have splayed. Ensure you replace your child's toothbrush following any illness.

## Toothpaste

### Fluoride:

ppm = parts per million

0-6 years: containing at least 1000ppm

7+ years: containing 1,350 - 1,500 ppm

Family toothpaste with a higher fluoride content is suitable. (Whitening & sensitive toothpastes are not suitable for children)

### Amount:

0-3 years: A smear of toothpaste

3+ years: A pea sized amount of toothpaste

## When to brush

Teeth should be brushed twice per day.

Brush last thing at night (or before bedtime) and one other time during the day.

Avoid eating or drinking half an hour before or after brushing. Children should be assisted and supervised when brushing until the age of 7.

## Brushing technique

Brush for long enough to ensure each surface of every tooth is being cleaned. When all the teeth are present this should be for two minutes (30 seconds on each quarter of the mouth).

Start brushing from the back teeth and move your way forwards.

Allow the child to brush their own teeth whilst being supervised and then brush for them afterwards.

When brushing small children's teeth it could be helpful to stand from behind whilst gently cradling their head. It may help to have a mirror in front of you for better vision.

When you have finished brushing encourage the child to spit out and **do not** rinse with water. Mouthwash is not needed and if you choose to use this, ensure it is at a different time of the day than brushing.

## Reluctant brushers

Keep toothbrushing fun! Bath time is often successful.

Role play visiting the dentist, being the dentist and practising opening wide are fun things to try!

Remain calm and positive as this will likely reflect in the child's behaviour and attitude. Use positive reinforcement to reward good behaviour. e.g. brushing chart, pocket money or small gifts such as stickers.

Disclosing tablets are a fun and effective way for both you and the child to see which areas are being missed (Always follow the manufacturers guidance and check the ingredients). Disclosing tablets are suitable for children who can spit out and under 12 years should be supervised.

There are great free downloadable apps that can make brushing fun.

A child under the age of three and who is not yet spitting out does not need to be in the bathroom whilst their teeth are brushed. Try brushing in different places.

Use a timer or play a two minute song for a visual reference of time.

Educate your child on oral health to demonstrate the importance of brushing. Our family fun page has fun and educational activities to help you do this. [www.communitydentalservices.co.uk](http://www.communitydentalservices.co.uk)