

My teeth help me to
eat, **speak** and **smile**.

To protect my teeth brush
them twice a day with a
fluoride toothpaste



to find your child friendly dentist visit:
www.westberks.gov.uk/child-dentist

www.westberks.gov.uk/brushing4life

Brushing for Life



How to care for your
child's teeth

brush-baby 

NHS


West
Berkshire
COUNCIL



Toothbrushing



Brush your child's teeth morning and night

Use a fluoride toothpaste

Under 3 years old use a smear

Over 3 years old use a pea size

Spit out toothpaste after brushing, do not rinse

Don't let your child eat toothpaste

Don't let your child chew the toothbrush

Drinks that are better for teeth



Water and milk are best



Stop using a bottle, especially at age 1 year

Give drinks in a beaker by six months

Snacks that are better for teeth



Vegetables



Fruit



Cheese



Bread

Visit the dentist

Take your child to the dentist when they have their first tooth

(usually by age one year).

