



# HEALTHY TEETH FOR LIFE

**1.**  
Take babies to the dentist as soon as teeth come through - by one year of age at latest - Dental Check by One is a top tip!




**4.**



Encourage your child to brush with a kid-sized toothbrush as soon as they can, before bed and on at least one other occasion

**2.**




As milk teeth come through, start brushing baby's teeth with a family fluoride toothpaste

**3.**  
A smear of family fluoride toothpaste is best and from age three a pea sized amount



**5.**



Spit, don't rinse. After brushing, don't teach your child to wash their mouth out with water. Rinsing removes the fluoride that you want to stay working on the teeth

**6.**

**X2**



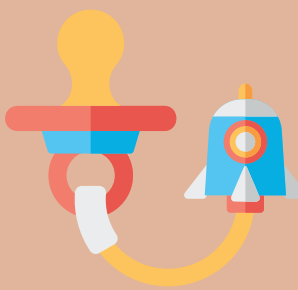

Monitor your child brushing twice a day until they are seven

**7.**




Introduce drinking from an open top or free flow cup at six months, give only water and milk

**8.**  
Phase out bottle use by the age of one - as well as dummy use

**9.**



**10.**



Remember to keep sweet foods or drinks to mealtimes

Do all this to give your child the best possible chance of healthy teeth for life.

