

Oral Health for Children aged 2–7 Years Old

Toothbrushing

1. Supervise and help your child to brush their teeth until they are 7 years old.
2. Brush teeth twice daily – once just before bedtime and on one other occasion.
3. Use a small headed toothbrush
4. Clean all tooth surfaces
5. Use toothpaste containing no less than 1000 parts per million (ppm) fluoride. (This information should appear on the packaging)



6. For children aged 0–3 years apply a SMEAR of toothpaste

7. For children aged 3–7 years apply a PEA-SIZED amount of toothpaste
8. After brushing don't rinse - encourage your child to spit out excess toothpaste. (Try to avoid swallowing)
9. Don't allow children to lick or eat toothpaste from the tube (keep out of reach)



Dietary Advice

1. Limit the eating of sugary foods and drinks to mealtimes and no more than 4 x per day.
2. Avoid eating sugary foods and drinks before bedtime
3. Always ask for sugar free medicines

Dental Visits

1. Children should visit the dentist approximately every 6 months or as often as their dentist advises.