

Five golden tips for brushing:

1 Introduce your baby to having their gums and teeth cleaned from an early age, certainly by the time the first tooth comes through.

2 You should brush the teeth of your baby or young child until they are able to clean their teeth for themselves. All children should be supervised with their brushing until they are age 7.

3 Put a flat smear of a fluoride toothpaste on your child's brush until they are 3 years old...



and then the amount can be increased to a pea-sized blob.



4 Brushing should happen at least twice a day for 2 mins including last thing before going to bed – the last thing to touch a child's teeth before bedtime should be a fluoride toothpaste.

5 Once teeth have been brushed, your child should spit out the toothpaste but not rinse their mouth so the fluoride continues to have a beneficial effect the teeth for as long as possible.