Tips for making it fun

Brush together and make brushing fun
Help them brush for up to, at least, seven years old
Sing a song while your child brushes their teeth
Give children a sticker as a reward
Time a two-minute brush using your watch or an egg timer
Use teddy to practise teeth cleaning

Keep a chart and tick it off every time they brush!

Week one
Mon Morning Night
Tues Morning Night
Wed Morning Night
Thurs Morning Night
Fri Morning Night
Sat Morning Night
Sun Morning Night

Week two
Mon Morning Night
Tues Morning Night
Wed Morning Night
Thurs Morning Night
Fri Morning Night
Sat Morning Night
Sun Morning Night

Week three
Mon Morning Night
Tues Morning Night
Wed Morning Night
Thurs Morning Night
Fri Morning Night
Sat Morning Night
Sun Morning Night
Important tips for children under three years

Look after your health during pregnancy and visit your dentist
Breastfeeding is good for babies
From six months infants should be introduced to drinking from a cup
Water and milk are the best drinks
Don’t add sugar to food or drink as this may cause tooth decay
Start brushing your baby’s teeth as soon as they appear
Use a smear of toothpaste no less than 1000ppm (look on toothpaste box for this information)

Tips for under 3s

Smile! Show off your healthy teeth and gums

Tips for parents and carers

Don’t forget to smile – your child can show off healthy teeth and gums
Teeth are important, including baby teeth – so take care of them
Don’t dodge the dentist – unhealthy teeth in children can result in pain, time off school and can affect your child’s life
Dental treatment is free – if you are pregnant or a mother with an under 1 year old
If you are aged under 18 or under 19 and receiving full time education
It’s easy to find a dentist – your school, neighbour, friend or doctor’s surgery may know where to find your local dentist
– there are lists of dentists on the NHS website www.nhs.uk or call NHS 111
Fluoride varnish is free – applied to teeth helps keep teeth strong and can help prevent tooth decay. Ask your dentist about fluoride varnish.

For further information
Email the Brent Dental team on LNWH-tr.BrentOHP@nhs.net

Tips for looking after your children’s teeth

Encourage a healthy lifestyle and reduce sugar in your food and drink
Brush twice a day – after breakfast and at bedtime
Start taking your child to the dentist regularly by the time they are one year old
After brushing spit out toothpaste and do not rinse
Buy and use a fluoride toothpaste – fluoride protects and strengthens teeth
Cut the amount of sugar children eat and drink – especially between meals

A pea-sized amount of toothpaste on the toothbrush will look something like this

A smear of toothpaste on the toothbrush will look something like this

Important tips for children three years and above

Reduce the amount and frequency of sugary food and drinks in your child’s diet – allow them only with meals
Use a pea-size amount of toothpaste on the brush for children older than three containing at least 1350ppm of fluoride
Water and milk in a cup are the best drinks for teeth

Tips for parents

Don’t forget to smile – your child can show off healthy teeth and gums
Teeth are important, including baby teeth – so take care of them
Don’t dodge the dentist – unhealthy teeth in children can result in pain, time off school and can affect your child’s life
Dental treatment is free – if you are pregnant or a mother with an under 1 year old
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