



Oral Health Matters

Scuab suas d'Aoibh na Sláinte

Brush up for a Healthy Smile

Toothbrushing is needed to keep your child's teeth clean and healthy.

Children who started to have their teeth brushed before 12 months of age had less decay.*

Brushing Tips

Children 0-2 years

- From birth clean your child's mouth using a damp cloth.
- Start brushing as soon as the first tooth appears.
- Use a soft toothbrush with a small head.
- Do not use fluoride toothpaste - unless advised by your Dental Team.



Children over 2 years

- Help your child with brushing.
- Brush teeth twice a day especially at night.
- Allow time for your child to brush on their own.
- Use a soft toothbrush with a small head.
- Use a pea-sized amount of fluoride toothpaste.
- Ask child to spit out toothpaste after brushing.
- Try to make toothbrushing time a fun time.



Each child should have their own toothbrush - **DO NOT SHARE!**

Choose a toothbrush with a small head and soft bristles

Change your toothbrush when
it is worn



Electric/battery operated toothbrushes can be very useful -
Ask a member of your dental team for advice

Helpful Tips

Child bites on toothbrush:

Allow him/her to continue, while you use another toothbrush to clean the teeth.

Child gags or feels sick:

It may be helpful to start brushing the back teeth and move forward.

Child pushes tongue out:

A damp cloth wrapped around a finger may be used to gently hold back the tongue or lip.

Child refuses toothbrushing:

Choose a time that suits the child, keeping brushing time short and brush often.



Tooth decay is caused by sugar. Replace sugary foods and drinks with healthy snacks

Reference:

*Parnell, C. & O'Farrell, M. (2003) Preliminary Report of the Oral Health Survey of 5 year old children in the North Eastern Health Board (2001 – 2002) N.E.H.B. Internal Report.