

REMEMBER TO BRUSH TEETH AND GUMS

Twice a day
especially at night



Produced by Cavan/Monaghan, Meath & Louth Oral Health
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Oral Health
Matters
Tá Tábhacht le Sláinteochas Béil



Tooth Tips

Nodanna faoi
na Fiacla

Oral Health Matters

Tá Tábhacht le Sláinteochas Béil

From 0-2 Years of age

Use a soft toothbrush

Do not use fluoride toothpaste
(unless advised by Dental Team)



From 2 to 7 Years of age

- Help with toothbrushing twice a day especially at night
- Use **pea-sized** amount of fluoride toothpaste
- Spit out after brushing
- Do not swallow toothpaste