

Tooth Tips for 0-2 year olds

Clean your baby's gums & teeth from birth



Dental Health Foundation
Ireland

- ✓ **DO** use a clean damp cloth to clean baby's gums after a feed
- ✓ **DO** use a soft  toothbrush and tap water when first  tooth appears

- ✗ **DON'T** use  toothpaste
- ✗ **DON'T** put sweet drinks, juice,  tea or fruit drinks in baby's bottle

Tooth Tips for 2-8 year olds

The main cause of tooth decay is regularly eating & drinking sugary foods

- ✓ **DO** use a pea-sized amount of fluoride toothpaste 
- ✓ **DO** help your child brush in the morning and at bedtime 
- ✗ **DON'T** rinse after brushing - Spit out
- ✗ **DON'T** forget to brush for 2-3 minutes 