



2-7 Years

**Don't monkey
around with your
oral health!**

Healthy habits last a lifetime.
Getting children actively
involved in their oral health
from an early age improves
both their oral and general
health as adults.



www.dentalhealth.ie
















Dental Health Foundation
Ireland

**For tips please
turn over**




2-7 Years

Visit your dental team once a year for advice and a check up to prevent tooth decay and gum disease.


Tooth Tips

-  Always brush twice a day, at bed time and one other time during the day   
-  Use a pea-sized amount of fluoride toothpaste (at least 1,000ppm) 
-  Use a soft/medium toothbrush
-  Clean every tooth
-  Brush for 2-3 minutes (about the length of a song)
-  Spit, don't rinse after brushing
-  Help your child with brushing
-  Change your toothbrush when bristles are worn 

Diet Tips

-  Choose healthy snacks between meals such as whole fruits. Limit sweets, chocolate, biscuits and sugary drinks to mealtimes 
-  Unflavoured milk & water are the most tooth friendly drinks 
-  Limit fruit juice or fruit smoothies to a small glass once a day, with a meal and always choose unsweetened
-  Read food labels for sugar content. Less than 5g per 100g is low sugar. Don't add sugar to food or drinks.

General Tips

-  Always make sure your child wears a mouthguard when playing sports to help reduce the risk of dental injuries