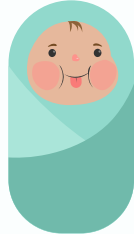


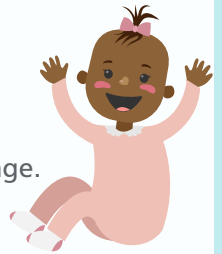
Babies

- Use a damp washcloth and clean your baby's gums by gently rubbing them.
- As teeth appear introduce a soft, child-size toothbrush.
- Do not use toothpaste.
- Visit a dentist when the first teeth appear or by 12 months.



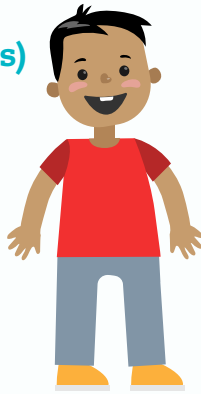
Toddlers

- Brush with a soft child-size toothbrush.
- Use child-strength fluoride toothpaste from 18 months of age.
- Parents should brush and floss their child's teeth.
- Brush twice daily.
- Floss teeth that touch together.



Children (under six years)

- Parents should continue to brush their child's teeth, twice daily.
- Floss teeth that touch together.
- Use child-strength fluoride toothpaste, unless your dentist recommends otherwise.



Children (over six years)

- Assist your child with brushing and flossing their teeth twice daily until 8-9 years of age.
- Use adult-strength fluoride toothpaste.



Tips & Tricks

- 1) *Spit out excess toothpaste*, do not rinse out the mouth with water.
- 2) *Don't use too much toothpaste*. A small 'pea sized' amount is all you need.
- 3) *Make brushing fun!* Play a song or use an appropriate smartphone app as a reminder to brush for the recommended two minutes.
- 4) *Use positive reinforcement* when visiting the dentist. Praise your child on their listening skills and ability to follow instructions.
- 5) *A reference to indicate your child can begin brushing solo* is whether they have their 'pen licence' for writing with a pen at school.



For more information on your dental health visit ada.org.au