

1

Remember to brush twice a day
(especially at night)

Children under 3 years should use
a smear of fluoride toothpaste.

Children 3 years and above should
use a pea-sized amount of
fluoride toothpaste.



2

Remember to limit
sugary food and drinks
to mealtimes only.



3

Remember
to visit
the dentist
regularly.



To find a dentist visit
www.nhs.uk

For extra protection for your
child's teeth ask your dentist
about Fluoride Varnishing



For more information about
teeth, why not visit
www.nottinghamoralhealth.com

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NHS Foundation Trust 2022



LOOKING AFTER OUR
CHILDREN'S TEETH
IS AS SIMPLE AS 1, 2, 3





Remember to
brush twice a day
(especially at night)



TOOTHBRUSHING CHART

Please tick when teeth have been cleaned

		MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	AM							
	PM							
WEEK 2	AM							
	PM							

Remember

1. Wash your hands
2. Grab your toothbrush
3. Add the correct amount of toothpaste
4. Brush for 2 minutes
5. Spit and don't rinse
6. Rinse your brush and store

