Toothbrushing for young children

You should start brushing your baby’s teeth as soon as the first tooth appears. A small toothbrush should be used with a smear of 1000ppm toothpaste. Find a position that is comfortable for you and your baby, this can be on your knee or with your baby propped up in a chair.

As your child gets older, include toothbrushing as part of the morning and evening routine. From the age of 3 years a small pea sized amount of 1000ppm toothpaste should be used. Stand behind your child at a sink and carefully brush the teeth.

Children should be encouraged to do some of the brushing themselves so that they can develop toothbrushing skills but also remembering that they should be supervised until at least 7 years old.