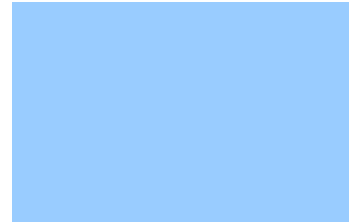


Do not wet the toothbrush before cleaning as this dilutes the toothpaste.

Children aged up to three years old should use a toothpaste containing at least 1000ppm of fluoride but use only a smear on the brush

Ensure that toothpaste is kept out of reach of young children

Brush the teeth twice a day with a fluoride toothpaste when your baby is relaxed. Brushing last thing at night can help protect the teeth as fluoride in the toothpaste continues to work when your baby is asleep



Do not share toothbrushes.

Replace the toothbrush when it shows signs of wear or every three months.

Lots of sugar in our diet comes from biscuits, cakes, sweets, chocolate, drinks and breakfast cereals.

Acid is produced by bacteria in dental plaque when sugar is present, and it may cause holes to form in the teeth. It is important that you reduce how often your baby has sugary food or drinks.

It is better not to add sugar or salt to baby's food. Sugar can damage teeth.

Even the 'no added sugar', low sugar or natural fruit juices can still decay teeth. These should not be added to a baby's bottle or cup. Fizzy drinks should be avoided as they can cause decay and also dissolve the tooth's surface (erosion).

Dummies can cause the teeth to grow out of line. If used, orthodontic dummies are preferable. Never dip the dummy into anything sweet.

The kinds of sugar to avoid on labels are glucose, fructose, maltose, sucrose, maltodextrin and honey. Try to keep these to mealtimes.

Unfortunately some medicines contain sugar, which can cause tooth decay if given frequently for long periods of time.

Check with your doctor or pharmacist to see if a sugar-free alternative is available.

If possible, give medicines at mealtimes and not last thing at night.

