

Healthy Living

Top Tips Of The Week - Oral Health Part 1

- Start brushing your baby's teeth with fluoride toothpaste as soon as the first milk tooth breaks through. It's important to use fluoride toothpaste, to prevent and control tooth decay.
- There's no need to buy special "children's toothpaste" brands. In fact, some of them don't have enough fluoride in them to help prevent tooth decay.
- Children from the age of seven can use family toothpaste, as long as it contains 1,350-1,500 parts per million (ppm) fluoride. Check the packet if you're not sure, or ask your dentist.
- Children up to the age of six who don't have tooth decay can use a lower-strength toothpaste, but make sure it contains at least 1,000ppm fluoride.
- Make sure children don't eat or lick toothpaste from the tube.
- Below the age of three years, children should use just a smear of toothpaste.
- Children aged three to six should use a pea-sized blob of toothpaste.
- All information taken from the NHS website. For more information see:



Have a look at the websites below for more information

- <http://www.nhs.uk/Livewell/dentalhealth/Pages/Careofkidsteeth.aspx>
- <http://www.nhs.uk/Livewell/dentalhealth/Pages/Goodhabitskids.aspx>

Please get in touch if you have any questions about these tips