

Service provided by:



How much toothpaste and which toothbrush?

Toothpaste

Under 3 years of age

A smear of toothpaste containing no less than 1,000 parts per million (ppm) fluoride should be used for children under 3 years.

Over 3 years of age

A pea-sized amount of toothpaste containing at least 1,350 parts per million (ppm) fluoride should be used for children aged over 3 years.

Fluoride:

The fluoride contained in toothpaste has a number of advantages, including:

- ✓ It helps to create stronger enamel when teeth are forming.
- ✓ When in the saliva, it stops teeth de-mineralising (1st stage of decay) and helps teeth to re-mineralise (go back to normal strength).

Toothbrushes

Toothbrushes should have a small head size (the toothbrush needs to be small enough to reach behind the back teeth and brush them easily). The bristles should be medium/soft so that they do not hurt the gums.



Brushing together for healthy smiles