



# Top dental tips for the family

(Smile:Together)



Healthy  
Under 5s

# Brush your teeth twice a day!

Once during the day but most importantly before bed



Children need help to brush until they are old enough to tie their own shoelaces or until approximately the age of 8 years old.



If the bristles of the toothbrush are spread out or flattened then you are putting too much pressure on when cleaning - replace your toothbrush and brush more gently.



You should brush for a **minimum of 2 minutes** using a timer. There are fun mobile phone apps available to download which will help you with tooth brushing - why not have a look!



Drinks - water, milk, tea and coffee (without sugar) are great, but you should avoid fizzy, sugary drinks, milkshakes, smoothies and squash.



Remember to brush all surfaces - outside, inside, biting surfaces and the gums.



Only give your child **milk** in a feeding bottle - bottles should be discontinued at the age of one. From 6 months old use a beaker with a **free-flow lid** or an **open** cup with still water only - for more advice please ask your health advisor.



Always use fluoride toothpaste on your brush; a smear for under 3 year olds and a pea sized amount for over 3's.



**Spit don't rinse!** - Not even with water (the more contact teeth have with the toothpaste the better!)



Avoid eating sweet or sugary snacks between meals unless it's a treat - eat 3 healthy meals a day to allow your mouth to recover from acid attack (for great healthy eating advice please check out [www.healthycornwall.gov.uk](http://www.healthycornwall.gov.uk))



Replace your toothbrush at least once every 3 months.



Smoking creates gum problems - this can cause wobbly teeth and smelly breath.



You should visit a dentist at least once a year for a check up.

To register on the waiting list for a NHS dentist:

T: 0333 006 3300

E: [accessdentalhelpline@nhs.net](mailto:accessdentalhelpline@nhs.net)

For emergency appointments and general enquiries:

T: 0333 405 0290

E: [westcountrydental.care@nhs.net](mailto:westcountrydental.care@nhs.net)

W: [www.westcountrydentalcare.co.uk](http://www.westcountrydentalcare.co.uk)

For competitively priced private dental care:

T: 0333 405 0291

E: [brighter.dental@nhs.net](mailto:brighter.dental@nhs.net)



West Country  
Dental Care



Brighter  
Dental

healthier happier communities

