

Advice for Children Aged 3 – 18

Food and drink

- Limit sugary foods and drinks to mealtimes and no more than 4 times a day
- Avoid sugary food and drink immediately before bed time (this is because there is less saliva flow at night to wash it away)
- Use sugar-free medicines rather than those with sugar

Tooth brushing

- Brush teeth twice daily – last thing at night and at one other time
- Use toothpaste containing 1350 – 1550 ppm fluoride
- Spit out after brushing and do not rinse – the fluoride keeps working to protect teeth

Little ones aged 3-6

- Adult supervision and just a pea sized amount of toothpaste are recommended

Professional interventions

- Apply fluoride varnish to teeth twice yearly (22,600ppm fluoride)
- It is normal for a baby tooth to still be present when an adult tooth is coming through.
- The adult tooth will push the baby tooth up and the baby tooth should fall out naturally.