

# Top 3 tips for preventing tooth decay



**1** Reduce the amount and frequency of foods and drinks that contain sugars.

**2** Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least one other occasion. After brushing, spit don't rinse.

**3** Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis.

Parents/carers should brush/supervise tooth brushing until their child is at least 7.

Under 3s should use a smear of toothpaste.

**0-3**



3 to 6 year olds should use a pea sized amount.

**3-6**



Children and young people 7 years and older should continue brushing with a fluoride paste.

**7+**

